

Spring 2013 • FREE

# Making the Connection

Capital Region OASIS Life-Long Learning Program  
Spring Class Catalog

Over 70  
OASIS Classes  
with directions to  
class locations

Coupons

Early Bird  
Registration

Save \$10  
See back cover

PLUS: **New  
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Classes**

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Published twice a year by the  
Center for Excellence in Aging &  
Community Wellness

# Making the Connection

**Making the Connection** is published twice a year. Edited by Lauren Benoit, Lisa Ferretti and Kathleen Schoolcraft. Proofread by Anne Petruska.

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## Contact

### Making the Connection

University at Albany  
Richardson Hall, Room 390  
135 Western Avenue  
Albany, New York 12222  
Phone: 518-442-5529  
Fax: 518-591-8772  
Email: CEACW@albany.edu  
Web: ceacw.org

## Mission

The Center for Excellence in Aging & Community Wellness stands at the nexus between universities and communities collaborating to create new knowledge and to translate existing knowledge into practice.

As a translational research center, the Center promotes the adoption of effective, innovative practices and policies that address the needs of aging persons, their families and caregivers with an emphasis on vulnerable and oppressed populations.

## Partnerships

OASIS is sponsored by the Center for Excellence in Aging & Community Wellness at the School of Social Welfare, University at Albany. OASIS is funded by the OASIS Institute and OASIS members.



# Inside this Issue...

OASIS Class Information.....	page 1
OASIS Class Listings.....	2
OASIS Class Coupons.....	8 & 20
OASIS Mail-in Registration Form.....	21
OASIS Monthly Calendars.....	23-26
Scotia-Glenville Traveling Museum.....	27
What is this thing called Chair Yoga? .....	28
Lasting Weight Loss.....	29
Taliban: Friend or Foe? .....	30
FDR and the Post Office.....	32
Dance Your Way to Health.....	34
Driving Directions to Class Locations .....	35
Early Bird Registration .....	back cover



**OUR PHONE NUMBER HAS CHANGED!**

**Please contact the OASIS  
office at 518-442-5529.**

## Special Thanks to the Capital Region OASIS Course Development Committee

Special thanks for your continued support and belief in OASIS Lifelong Learning!

### Committee Members:

Evelyn Bernstein, Cathy Buckwalter, Janet Cornell, Eileen Fox, Kelly Hotaling, Vicky Jones, Fran Krause, Heather Lawton, Dawn Lenahan, Eric Peterson, Sharon Rosenblum, Karen Simmons, Mariam L. Strobe, Sue Updike-Porter

**We are always looking for new volunteers.**

Please call (518) 442-5529 if you are interested in volunteer opportunities for OASIS Lifelong Learning.

# New York State Capital Region OASIS Class Information

## What is OASIS?

OASIS is a national education organization dedicated to enriching the lives of adults ages 50+ through lifelong learning and service. Offering stimulating programs in the arts, humanities, health, technology, and volunteer service, OASIS brings people together to learn, lead and contribute in their communities.

OASIS serves a national membership of more than 360,000 adults aged 50 and older. Membership is free and class fees are affordable.

## How to Register

You may register for classes and trips by mail (see registration form on page 21) or at [www.oasisnet.org](http://www.oasisnet.org). Directions to class locations are included on page 35 and the website.

## OASIS Class Cancellation Policy

### CLASS CANCELLATIONS BY OASIS

In the event that OASIS cancels a class and/or trip due to low enrollment or inclement weather:

If the class is valued at \$50 or more, the OASIS member may request a check refund. It is the responsibility of the OASIS member to request the check refund within two weeks of the cancelled class. Regardless of whether the OASIS member paid by check or credit card, he/she will receive a check refund by mail within 6-8 weeks.

If it is after two weeks, the OASIS member may only request a credit voucher\* or donate the fee to OASIS.\*\*

If the class is valued at less than \$50, the OASIS member will only receive a credit voucher\* or donate the fee to OASIS.\*\*

## CANCELLATION BY OASIS MEMBER

If the OASIS member is unable to attend a class/trip, please call the OASIS office at (518) 442-5529 as soon as possible.

In the event an OASIS member cancels a class, a credit voucher\* may be issued only if the OASIS member contacts the OASIS office at least 24 hours prior to the start of the class. Credit vouchers are given for classes cancelled by members for: medical reasons, family emergencies and Jury Duty (proper documentation must be submitted).

Please Note: If the OASIS member cancels a class and/or trip in which a 3rd party is being paid (i.e. trip, luncheon, tickets to events, etc.), the OASIS member will not be able to receive a refund or credit voucher for any portion of the fee. NO EXCEPTIONS.

\*Credit vouchers are used towards a purchase of another class. They are good for one year from the date of issue, at which time outstanding credits will be cancelled. The OASIS member must submit the credit voucher at the time of registration.

\*\*OASIS thanks you for your generosity if you choose to donate your fee.

The Capital Region OASIS Program's cancellation policy supersedes the cancellation policy of the National OASIS Institute.

Please call the OASIS Office at 518-442-5529 for more details.

# Spring 2013 Class Catalog



## **The Archaeology of the Religion of Ancient Israel 4-Part Series # 800**

*Steven Stark-Riemer, Attorney by profession, teaches biblical archaeology, history, and religion*

**Wednesdays, March 20, 27, April 3, 10**

**10:00 am - 12:00 pm**

Avila Retirement Community \$ 65

This course begins with a history of the search for the religion of Ancient Israel and an examination of the fact that previous approaches to this subject have paid insufficient attention to the substantial archaeological data. A guiding theme of the course will be "What do we know and how do we know it?" The topics covered by the succeeding sessions include Canaanite Religion Before the Emergence of Ancient Israel; the Distinction Between 'Book Religion' and 'Folk Religion' - Does the Hebrew Bible Present Religious Reality or Theological Ideal?; Sacred Space in Ancient Israel; the Cult of Asherah in Ancient Israel; Death in the Life of Ancient Israel; and the Transition from Polytheism to Monotheism. The time-frame of this course concludes with the Babylonian Conquest and destruction of the First Temple in 586 BCE.

## **Albany County Hall of Records Criminal Collection: 1825-1950 # 801**

*Craig Carlson, Archivist/Deputy Director, Albany County Hall of Records*

**Thursday, March 21 10:00 am - 12:00 pm**

Albany County Hall of Records \$ 20

Archivist/Deputy Director Craig Carlson will discuss the Albany County Hall of Records criminal collection (1825-1950). The Hall of Records has a great collection of early police and jail records. The participants will be introduced to this collection, popular with researchers and genealogists. Some of the records to be

viewed and discussed include: Albany County Penitentiary records (including Presidential Pardons), Albany County Prisoner Mug Shots, Albany Police History of Arrests, Albany Police Blotters and Albany Police Scrapbooks. The structure of the discussion will be: an informal talk of roughly one hour which includes the heretofore mentioned collection featuring prisoner mug shots to view and a question and answer period to follow. There will be a tour of the facility following the talk which will detail how we preserve and safeguard our archival criminal collection.

## **Shakespeare in the Garden # 802**

*Cathie F. Gifford, Albany County Master Gardener, Cornell Cooperative Extension*

**Thursday, March 21 10:00 am - 12:00 pm**

Guilderland Public Library \$ 20

The beauty of flowers has inspired civilizations to attribute symbolic and mystic meanings to each blossom. Through the ages, beautiful and poetical thoughts have been conveyed by the presentation of a single blossom, and whole messages were communicated by bouquets in which each flower chosen offered a significant idea. In his writings, Shakespeare was a master at the use of symbolism through his choice of plants and flowers. Come hear about this writer's genius, including "And there's Pansies, that's for thoughts" (Hamlet). Plan to help construct a wattle!

## **Japanese Tea Ceremony and the Way of Tea # 803**

*Dudley Moon, Student of Ueda Soko Ryu Chado for over a decade*

**Friday, March 22 2:00 - 4:00 pm**

Colonie Senior Service Centers, Inc. /  
Beltrone Center \$ 20

This class will offer an introduction to the Japanese tea ceremony and the way of tea (sado or chado). It will include a presentation of the basic form and intent of the tea ceremony, a brief video of a performance, and then the opportunity to taste Japanese matcha or powdered green tea. A question and answer session will follow the presentation.

## **Laughter + Yoga = Laughter Yoga # 804**

*Larry Steffler, BSW, CASAC-T, CLYL*

**Monday, March 25 1:00 - 2:30 pm**  
Eastwyck Village Senior Living \$ 20

Laughter Yoga is a unique exercise routine which combines unconditional laughter with yogic breathing. Anyone can laugh without relying on humor, jokes, or comedy. Laughter Yoga goes beyond just laughter. With regular practice one can develop a positive mental attitude which helps one go through challenging times or is useful when it is difficult to laugh physically. This Inner Spirit of laughter is one's ability to stay alive, and in a positive mental state, despite all challenges. Laughter Yoga can improve physical health, release negative thoughts and emotions, and help one get in touch with one's spiritual nature. Laughter Yoga can also help one to develop an attitude of forgiveness, generosity, compassion, and helpfulness while actively seeking the happiness of others. Laughter is the best medicine!

## **Spice Up Your Life: A Primer on Herbs and Spices # 805**

*Vasantha Narasimhan, Emeritus Professor of Chemistry at Skidmore College*

**Tuesday, March 26 2:00 - 4:00 pm**  
Avila Retirement Community \$ 20

Herbs and spices have been used as flavor enhancers in many cuisines for centuries. They not only provide a low-cal and easy way to add zest to our foods, but they also contain a wide range of disease-preventing and health-promoting ingredients such as phytochemicals, antioxidants, vitamins, and minerals. The presenter will talk about the health benefits of some common herbs and spices, their uses in everyday recipes, tips on starting and maintaining an herb garden indoors or outdoors, and the preservation of herbs and spices for long term use.

## **Anatomical Gift Program at Albany Medical Center # 806**

*Julie Carpenter, Program Coordinator*

**Thursday, March 28 10:00 am - 12:00 pm**  
Colonie Senior Service Centers, Inc. /  
Beltrone Center \$ 20

This class will provide you with an overview of the Albany Medical College's Anatomical Gift Program. Topics will include policies, procedures and the benefits to the College and to the families of the donors. The Anatomical Gift Program at Albany Medical College works with individuals who want to donate their body for medical science after death. The donation of one's body after death is a unique and priceless gift which provides the source of knowledge that is the foundation of medical education and research. Each year, numbers of bodies are needed for the teaching of medical students, physician's assistants, physical therapists, and student of related disciplines. This class will provide you with the answers to questions you might have about this program.

## **Know the 10 Warning Signs of Alzheimer's: Early Detection Matters # 807**

*Gretchen Moore-Simmons, Professional Development Specialist at the Alzheimer's Assoc. of NENY.*

**Thursday, March 28 2:00 - 4:00 pm**  
NENY Alzheimer's Association \$ 10

This session will discuss the warning signs of Alzheimer's disease as side effects of normal aging. Attend this interactive workshop to learn the 10 Warning Signs of Alzheimer's disease and to separate myth from reality and address commonly-held fears about Alzheimer's in America.

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**FEEL BETTER, BE IN CONTROL,  
DO THE THINGS YOU WANT TO**

**Call 518-442-5529 or email  
LivingHealthNY@albany.edu**



## **President Lincoln's Visits to Albany # 808**

*Honorable Dennis F. Duggan, Family Court Judge*

**Thursday, March 28 6:00 - 7:30 pm**

Avila Retirement Community \$ 20

President Abraham Lincoln was in Albany twice during his presidency. The first time was in February, 1861 on his famous train trip to his inauguration. The second was in April, 1865 when his funeral train was returning his body to Springfield, Illinois. The Capital District played an important part in both of those events. Albany provided the intersecting crossroads for the President and John Wilkes Booth, the man who shot the president; for Boston Corbett, the man who shot John Wilkes Booth; and for Major Henry Rathbone and Miss Clara Harris, daughter of Senator Ira Harris, who feted the President in Albany in 1861 and who mourned him in the box at Ford's Theatre in 1865. This visual presentation will reconstruct those intersecting crossroads that brought all of those people together in Albany.

## **Kick Your Sugar Cravings and End Emotional Eating # 809**

*Jan Hempstead, Health Coach*

**Tuesday, April 2 10:00 am - 12:00 pm**

Guilderland Public Library \$ 20

This program will provide definitions and real-life descriptions of sugar cravings and emotional eating. Why does this happen and what triggers it? Learn how to manage cravings and explore the issues surrounding physical hunger vs. emotional hunger. Time to take charge!

## **Hrotsvit of Gandersheim # 810**

*Helene Scheck, Associate Professor of English*

*SUNYAlbany*

**Tuesday, April 2 2:00 - 4:00 pm**

Avila Retirement Community \$ 20

This class will survey the life and works of Hrotsvit of Gandersheim, a tenth-century woman who flourished in a royal monastery during the reign of the Emperor Otto the Great in Saxony (modern-day Germany). After a presentation of historical and social background, the group will discuss some of the plays

written by Hrotsvit and, time permitting, will read some of the more puzzling or poignant scenes aloud to get a better sense of them. PLEASE NOTE: Class participants are strongly encouraged to read the texts in advance; relevant texts will be made available electronically to registered participants.

## **The Moreland Act: How Governors Investigate State Government # 811**

*John T. Evers, Former Historian of New York State Assembly*

**Tuesday, April 2 7:00 - 9:00 pm**

Beverwyck Retirement Community \$ 20

For over a century New York State Governors have used the 1907 Moreland Act to investigate various boards, bureaus, commissions, and executive branch agencies. The Moreland Act, part of the Executive Law, enables Governors to appoint independent commissioners armed with the power to subpoena information and compel witnesses to testify. This lecture will highlight the impetus behind the Act's passage in 1907; the use of the Act in its early years (1910s-1920s); its abuse by Governor William Sulzer (1913); Governor Al Smith (1919-1920, 1923-1928), Governor Franklin Roosevelt, and the 1930s; the Act after the 1938 State Constitution; and the use of the Act up to the 1970s. A general discussion of the Act's utilization under Governors Mario Cuomo, George Pataki, and, most recently, Andrew Cuomo, will highlight its recent history.

## **Do You Want to Dance? Gentle Ballet 4-Part Series # 812**

*Gail Tassarotti, Ballet Teacher for over 25 years and studied at the American Ballet Theatre*

**Thursdays, April 4, 11, 18, 25 12:15 - 1:15 pm**

Albany Dance and Fitness \$ 65

This class is for anyone who is looking for a gentle, soothing workout. Feel like an elegant ballet dancer and have fun while you improve balance and strengthen your body. The class will include a warm-up, beautiful dance movement, and stretching exercises. No ballet experience is needed.

## **FDR and the Post Office: A Young Boy's Fascination, A World Leader's Passion # 813**

*Anthony Musso, Author of Hidden Treasures of the Hudson Valley and several books*

**Monday, April 8** 2:00 - 4:00 pm  
Avila Retirement Community \$ 20

Franklin D. Roosevelt's interest in the Post Office came at a young age as family members, while engaged in trade overseas, regularly sent him foreign postage stamps. He embraced the hobby as a means to bolster his interest in geography and world history by documenting various facts related to each stamp's origin and its significance to the issuing country's heritage. Upon being elected President of the United States, Roosevelt appointed his campaign manager and longtime ally James Farley to the position of Postmaster General. The appointment and partnership between the lifetime stamp enthusiast and savvy businessman would forever change the face of both stamp collecting and the Post Office Department.

## **Amerigo to America: The Legacy of Italy to America # 814**

*Sara Cifarelli Wellen, Retired English teacher*

**Tuesday, April 9** 10:00 am - 12:00 pm  
American Italian Heritage Museum \$ 20

Italy has influenced America through its art, literature, music, food, cars, film, fashion, theater, dance, inventions and discoveries. Held at the American Italian Heritage Association and Museum, this course will delve into all of these areas. In addition, participants will learn some Italian words and phrases and hear some Italian songs. The museum, which is committed to recording and preserving the Italian heritage, is the ideal venue for this course. A tour of the Italian American Heritage Museum (1227 Central Ave., Albany) will be included.

**Don't wait!  
Register Now!**

## **Marie de France # 815**

*Helene Scheck, Associate Professor of English, SUNY Albany*

**Tuesday, April 9** 2:00 - 4:00 pm  
Avila Retirement Community \$ 20

This session will survey the work of Marie de France who wrote in French, but flourished in England, during the reign of Henry II. Marie wrote a range of texts from fables to romance. Popular in their own time, her tales of knights and ladies continue to enamor audiences. Though short, they are rich in detail and allusion that provide insights into life in twelfth-century England and Europe as well as the role and status of women in that period. After a presentation of historical and social background, the group will discuss some of the *lais* for which she is best known. Session participants are strongly encouraged to read the *lais* ahead of time. The translation by Burgess and Busby (Penguin Classics) is good and reasonably priced (SBN 978-0140447590); some texts will also be made available to participants electronically.



## **Williams Chamber Players # 816**

*Pianist Doris Stevenson and violinist Joanna Kurkowicz*

**Wednesday, April 10** 6:30 - 8:45 pm  
UAlbany Performing Arts Center \$ 28

This program offers disciplined virtuosity, acute sensitivity and musicianship, internationally applauded artists, and acclaimed musicians who occupy a special niche in the musical ecology of the Berkshires. Pianist Doris Stevenson and violinist Joanna Kurkowicz perform works by Beethoven and Bartok with a compelling synergy of charisma, musical command, and virtuosity. The duo have been collaborating for ten years presenting, premiering, and recording rich violin and piano repertoire in New York City and throughout New England. Their performances include works by living composers, most recently the Violin Sonata and Piano Trio by Williams faculty composer David Kechley. Pre-concert talk with the performers goes from 6:30 to 7:15; the concert begins at 7:30.

## **Nanotechnology for Every Day: An Overview & Tour** # 817

*Alain Diebold, Professor of Nanoscale Science*

**Friday, April 12** 1:00 - 3:00 pm

Nanotech Building \$ 20

This lecture and walking tour will describe what nanotechnology is and how it overlaps with everyday experiences. Nanotechnology refers to the new materials and devices that are fabricated at near atomic dimensions. Nanotechnology includes nano-electronics, photovoltaic (solar cells), nano-medicine, and other important applications. PLEASE NOTE: THIS IS A WALKING TOUR; PLAN ACCORDINGLY.

## **The Art of Obituary Writing** # 818

*Paul Grondahl, award-winning writer at the Albany Times Union and author of several books*

**Monday, April 15** 10:00 am - 12:00 pm

Albany Guardian Society \$ 20

In The Art of Obituary Writing, we'll explore the craft of obituary writing. Grondahl will read from some of his own obituaries, share other famous obits and invite participants to discuss what they like to read in obituaries. In a hands-on approach, we'll also do a few simple writing exercises as a way to get participants to begin to think about how they might approach writing the obituary of a loved one -- or even their own.

## **Let's PLAY!** # 819

*Maggie Mancinelli-Cahill, Producing Artistic Director for Capital Repertory Theatre*

**Monday, April 15** 10:00 am - 12:00 pm

Avila Retirement Community \$ 20

Did someone say PLAY? What goes into making a professional theatre production? Everything from soup to nuts! Be an insider and discover the selection, casting and design process of bringing a play to life at Capital Repertory Theatre! Artistic Director Maggie Mancinelli-Cahill will bring sample designs and behind the scenes stories of how the pieces fit to make quality entertainment in the Capital Region.

## **Start Your Meditation Practice Today!# 820**

*Bethany Gonyea, MS and founder of Healing Springs, Clifton Park, NY*

**Tuesday, April 16** 10:00 am - 12:00 pm

Avila Retirement Community \$ 20

Are you interested in meditation but unsure where to begin? Starting a meditation practice can feel daunting because there are so many different kinds of meditation. Just as a dentist reaches for different instruments to perform different dental work, we can utilize different kinds of meditation to yield different meditative results. In this class, Biofeedback Specialist Bethany Gonyea will offer a short introduction to meditation and will lead participants through three different types to help them find the approach that is right for them.

### **INTERACTIVE**

## **Eleanor Roosevelt: "First Lady of the World"** # 821

*Elizabeth Lafergola, teacher with Scotia-Glenville Traveling Museum since 2001*

**Tuesday, April 16** 2:00 - 4:00 pm

Avila Retirement Community \$ 25

This interactive program will offer a hands-on experience and peek into Mrs. Roosevelt's private life. With the use of photographs, recordings, and artifacts, you will see the many achievements and talents of one of the most outspoken First Lady in American and World politics.

*Early Bird  
Registration!*

Thursday, March 14  
Eastwyck Village in Rensselaer  
**Join us and save \$10.00  
on your OASIS registration!**  
SEE BACK COVER FOR DETAILS

# NOW OUR "TO-DO" LIST IS FAR MORE ENJOYABLE

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- ☛ Rental independent living retirement community with no entrance fee or buy-in
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- ☛ Unparalleled Senior Engaged Life program offers a wealth of opportunities to maintain good health and expand your social circle
- ☛ Country club style clubhouse featuring exceptional amenities including an indoor swimming pool and Jacuzzi
- ☛ Save several thousand dollars on an annual basis over many other area retirement communities

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# Eastwyck Village

**Please call (518) 874-1638 to schedule a visit!**

One Eastwyck Circle, North Greenbush, NY  
Minutes from Albany and Troy!  
(Information Center Hours: 9 a.m. - 6 p.m., 7 days a week)  
[www.EastwyckSeniorLiving.com](http://www.EastwyckSeniorLiving.com)



## Here's to Living Well

CDPHP® is proud to support the **Center for Excellence in Aging and Community Wellness.**

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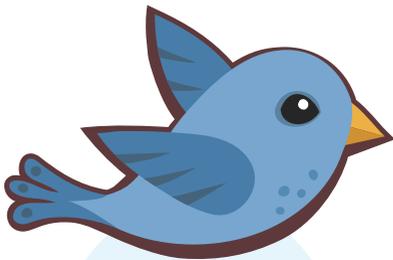


# Save the Date!

Capital Region OASIS Annual  
Thank You and Recognition Event  
Wednesday May 8, 2013



Invitation coming soon!



SEE DETAILS  
ON BACK  
COVER!

## Join us for our Early Bird Registration

# Get \$10 off your entire class registration!



Take **\$5** Off Any  
Class!

If you are new to  
OASIS, or haven't  
taken a class  
since 2010, take  
\$5.00 off any class fee!



To redeem this offer, you must either be new to the OASIS Program or a returning member (you have not taken an OASIS class since 2010). Please call for more information at 518-442-5529. This offer is only valid with mail-in registrations for the Spring 2013 Semester and cannot be combined with any other offers.  
**Coupon must be included with mail-in registration.**



Register for 4 classes and  
get the **5th FREE**

Sign up for 4 classes  
in the Spring 2013  
Semester and  
receive the 5th class  
for FREE!



The free class is a single session \$20 class ONLY. Please call for more information at 518-442-5529. This offer is only valid with mail-in registrations for the Spring 2013 Semester and cannot be combined with any other offers.  
**Coupon must be included with mail-in registration.**

## **Taking Tea: A Blend of Traditional & Modern** # 822

*Annie Misir, Retired teacher and owner of The Tailored Tea, Latham, NY*

**Tuesday, April 16** 2:00 - 4:00 pm  
The Tailored Tea \$ 35

Join Annie Misir at The Tailored Tea in Latham. Participants will learn about, identify, smell, and taste several different teas. She will discuss the history of taking tea and the production and growth of tea in different parts of the world. The class will culminate with afternoon tea which will feature sandwiches, scones, and desserts.

## **Learn Everything You Wanted to Know About Hydraulic Fracturing** # 823

*Dr. George Robinson, Associate Professor in the Biological Sciences Department UAlbany*

**Wednesday, April 17** 10:00 - 12:00  
Avila Retirement Community \$ 20

During this session, Professor Robinson will discuss the ecological impacts of hydraulic fracturing. Most of the debate surrounding fossil fuel extraction by hydraulic fracturing has focused on groundwater aquifers, but there are other environmental consequences of this new technology. Professor's Robinson's research examines the changes wrought above-ground in rural landscapes and how the associated costs and benefits will be shared across New York State. Professor Robinson will discuss potential effects of "fracking" on wildlife, forests, and surface waters and will describe a system of resource distribution that would limit cumulative ecological impacts.

## **Poetry of EXUBERANCE** # 824

*Joan Goodman Ph.D.*

**Tuesday, April 16** 7:00 - 9:00 pm  
Beverwyck Retirement Community \$ 20

Poetry of EXUBERANCE: Embracing Life with Whitman, Dickinson & Millay "I am not contained between my hat and boots," says Walt Whitman, and we understand that this champion of aliveness and exuberance contends that, though

mortal, we are transcendent by virtue of how we embrace life. The joy we take in our own bodies is sufficient celebration. The idea behind "Song of Myself" is that individual identity is temporary but transcendent. Dickinson, though known for her preoccupation with mortality (particularly during the war years), also exercised her keen observations of nature to draw our attention to the heights of human emotion. Though a hermit in later life, her expression in "Wild Nights!" is sufficient to show that she had passionate personal experience as well. The presenter in this session will compare the works of these two Civil War era poets, with reference as well to the 20th century work of Edna St. Vincent Millay ("My Candle Burns at Both Ends"), who carried her passions for love and life to mythic levels of expression in her writing.

## **From Darkness to Light: The Story of Beethoven's Fifth Symphony** # 825

*David Ciucevich, Instructor of Clarinet at the Cady School of Music, Adjunct Professor of Clarinet, College of St. Rose*

**Thursday, April 18** 2:30 - 4:30 pm  
Key 2 Joy \$ 20

"DA-DA-DA-DUM!" Everyone knows that is Beethoven's Fifth Symphony, but what makes it so great and memorable? Join clarinetist, singer, and musicologist, David Ciucevich, and immerse yourself in Beethoven's world. This fun, dynamic class will explore the genesis and course of one of the greatest and most famous pieces of music ever written as participants listen to a recording of the complete work. Through charts, pictures, eyewitness accounts, letters, audience participation, and a generous dollop of humor, increase your appreciation and enjoyment of this fascinating work. Find out for yourself why Beethoven is one of the greatest geniuses of humanity!

**REGISTER NOW!**

**CALL 518-442-5529**

## **Tour of Historic Proctors Theatre # 826**

*Richard Reynolds, OASIS & Proctors volunteer and Marilyn Sassi, facilitator for all tours of Proctors Theatre*

**Monday, April 22 10:00 am - 12:00 pm**  
Proctors Theatre \$ 20

Participants, seated in the main theatre, will receive a history regarding both F. F. Proctor and the theatre's long history, beginning in 1926, as both a vaudeville and silent movie venue. The discussion will include the theatre's role in the development of TV, Mr. Proctor's link with the Titanic, how the magnificent movie palace came close to being torn down in 1978, and its heartwarming rescue and continued success. The theatre's architecture will also be discussed. Following the discussion, the group will go onstage, tour backstage, visit the dressing rooms, and proceed to the mezzanine and balcony. If access is possible, the group will also visit the GE Theatre and Key Hall. Please note the backstag. PLEASE NOTE: THE BACKSTAGE TOUR IS NOT HANDICAP ACCESSIBLE.

## **African Religion and Its Impact on African American Religion # 827**

*Rev. Dr. Roxanne Jones Booth, Adjunct Professor, African Studies Dept., College of Arts and Sciences, SUNY at Albany*

**Monday, April 22 2:00 - 4:00 pm**  
Avila Retirement Community \$ 20

This course will review the belief practices of African traditional religions that are evident from slavery to the contemporary African American religious experience in the United States. Folk religions, such as Santeria, Voodoo and Candomble practiced in the Americas, were born out of African traditional beliefs and practices.

## **Searching for Sergeant Bailey and other WWII Veterans # 828**

*James Breig, winner of numerous national awards for his articles, editorials and columns*

**Tuesday, April 23 2:00 - 4:00 pm**  
Beverwyck Retirement Community \$ 20

Using his book *Searching for Sgt. Bailey* as an example, the author James Breig will tell how he researched the life of a WWII veteran through letters he found in an antique store. Mr. Breig will talk about his life in New Guinea during the war and provide tips for locating records related to servicemen. Those in attendance can apply this information in their own families. This presentation will be relevant not only to servicemen, but also for general research into genealogy.

## **The Healing Power of Essential Oils: An Introduction to Plant Medicine # 829**

*Terry Quigley, Certified Holistic Health Coach, Licensed Brain Gym Practitioner and Young Living Essential Oils Consultant*

**Tuesday, April 23 2:00 - 4:00 pm**  
Glen Eddy Retirement Community \$ 20

Join Terry's class and explore the power of plants to restore balance, enhance health and well-being, and reduce stress and anxiety. Therapeutic Young Living Oils offer an array of possibilities to empower you in your wellness.

## **Cooking for One Can Be Fun # 830**

*Sharon Lastique, Certified Holistic Health Coach*

**Wednesday, April 24 1:30 - 3:30**  
Key 2 Joy \$ 20

Have you ever said or thought, "Oh it's just me so it's not worth cooking - I will just get take out"? What if you knew how to prepare delicious meals for yourself quickly and easily? Come learn how to create nutritious meals that are satisfying, seasonal, and savory. Learn essentials needed to stock your kitchen so last minute doesn't mean dial-a-pizza. Also, learn new ways to enjoy the bounty of veggies available from local farmers.

**COUPONS FOR SAVINGS  
ON SPRING 2013 CLASSES**

**DETAILS ON PAGE 8 and 20**



## Talavya

# 831

*Globe-trotting percussion ensemble*

**Thursday, April 25**

**6:30 - 8:45 pm**

UAlbany Performing Arts Center

\$ 28

This program offers rousing peaks, smooth meditative passages, complex rhythms with split-second perfection, and vibrant and gifted artists with spiritual depth and technical excellence. This globe-trotting percussion ensemble brings the Indian hand-drum to center stage, distilling its age-old spirit and practice into a high-energy, highly accessible evening. Rushi Vakil, Kaumil Shah, Sahil Patel and Rahul Shrimali perform works composed by Indian music maestro Pandit Divyang Vakil that are contemporary in feel while full of the richness of classical tabla and are played with the passion and power to express the various emotions of the traditional instrument. Pre-concert talk from 6:30 to 7:15 pm.

## Visit Pine Hollow Arboretum and Observe the Diversity of 'Woody' Plants # 832

*John W Abbuhl, MD, FAAD (retired), developed Pine Hollow Arboretum*

**Friday, April 26**

**10:00 am - 12:00 pm**

Pine Hollow Arboretum

\$ 20

CELEBRATE ARBOR DAY at The Pine Hollow Arboretum and observe the diversity of 'woody plants' within a natural environment. Pine Hollow Arboretum is located on twenty-five acres of natural succession of the Eastern White Pine forest that grew following the abandonment of the land from farming. The majority of the white pines are approaching 100 years of age and 100 feet in height. Landscaping, which has led to the development of the Arboretum, began in 1966. Twelve ponds have been created and there are over 3,250 plantings. The Arboretum's most represented genera are magnolias, firs, pine, spruce, Rhododendron, and deciduous conifers. Meet at 16 Maple Avenue, Slingerlands for a two-hour tour of the Arboretum with discussion of geology, transition of forest over time, benefits of

nature/environment, and diversity of species possible within the setting of native flora. Consider bringing your lunch and lingering a bit to enjoy "mother nature's finest" right at our back door. PLEASE NOTE: THIS IS A WALKING TOUR, GROUND MIGHT BE UNEVEN, PLAN ACCORDINGLY.

## Behind the Scenes at WMHT TV # 833

*Sandra Beer, Manager of Leadership and Planned Giving*

**Tuesday, April 30**

**10:00 am - 12:00 pm**

WMHT TV

\$ 20

Tour WMHT studios! You will get a chance to see the different stages of TV production, editing and broadcast using WMHT's new high definition digital equipment. You'll also tour the radio studios for WMHT 89.1; WEXT 97.7 and RISE. Finally, you'll learn about our educational and community programs and the on-line materials which further the public broadcasting mission of lifelong learning and enjoyment of the arts.

## The Taliban: Friend or Foe? # 834

*Theodore P. Wright, Professor Emeritus of Political Science Dept., SUNY Albany*

**Wednesday, May 1**

**2:00 - 4:00 pm**

Glen Eddy Retirement Community

\$ 20

The United States has been at war with the Taliban for eleven years and refused to recognize it for the previous six years when it ruled Afghanistan. Yet, in the 1980s, we actively aided its predecessor, the Mujahidin, in their struggle with the Soviet Union and their puppet regime in Kabul. What, if any, kind of deal could we make with the Taliban in order to escape the quagmire?

**REGISTER  
EARLY  
CLASSES MAY  
FILL UP FAST!**



## American Place Theatre in "The Giver"

# 835

Wednesday, May 1 6:30 - 8:45 pm

UAlbany Performing Arts Center \$ 28

Winner of the 1994 Newbery Medal, Lois Lowry's richly provocative novel was published 20 years ago and is still widely read today. It includes the "perfect" society, buried truths, a questioning of values and beliefs, and a boy who experiences the incredible and undertakes the impossible. In a dystopian world where all is the same, twelve-year-old Jonas is selected to receive the memories of a far different life. Breathing life into literature, this stunning stage adaptation deftly portrays the first book of the trilogy (and soon to be quartet with the release of the 4th book scheduled for this fall). Conversation of the relevance of this young adult book to senior citizens led by a member of American Place Theatre. Pre-performance discussion from 6:30 to 7:00 pm and a post performance discussion with Mara Stephens from 8:30 to 8:45 pm.

## Releasing Weight - 3 Weeks to a Better You! 3-Part Series

# 836

*Shannon Keyes, Certified Yoga Teacher, Usui Reiki Master, Certified Hypnotist, Certified Tantric Educator, Sound Healer*

Fridays, May 3, 10, 17 2:00 - 4:00 pm

Key 2 Joy \$ 50

Tired of dieting? Tired of being in the same patterns and not being able to make a change? This class does not present a diet; it presents a lifestyle change program to release weight for good! During this three-week program, participants will learn how to make permanent changes in their life to help them become healthier, happier, and fit. Using hypnosis, yoga, and other proven techniques, participants will be empowered to change their life. The class will address emotional eating, stress, exercise, goals, habits, and much more. What are you waiting for?

## INTERACTIVE

## Meet the First Ladies of Our First Century

# 837

*Marion Grimes, with the Scotia-Glenville Traveling Museum since 1991*

Monday, May 6 2:00 - 4:00 pm

Avila Retirement Community \$ 25

In this interactive workshop participants will learn about the First Ladies, from our country's first century, who have ties to New York State. From Martha Washington to Caroline Harrison, learn which of our first ladies were born, raised or lived in New York State. You will be introduced to each First Lady through artifacts, trivia, and songs and music from this era.

## The History and Beauty of the Yaddo Gardens of Saratoga Springs

# 838

*Yaddo Garden Association Docent*

Tuesday, May 7 10:00 am - 12:00 pm

Beacon Point Memory Care \$ 20

This presentation will delight the learner with the history and beauty of the Yaddo Gardens, designed by Spencer Trask for his wife, Katrina, in 1899. The Yaddo Garden Association, formed in 1991, is dedicated to the restoration and preservation of the gardens at Yaddo. A question and answer period will follow the presentation.

## CSI TV Shows vs. Real Life Crime Scene Investigations

# 839

*John Carey, Senior Investigator in the Forensic Identification Unit for the New York State Police*

Tuesday, May 7 10:00 - 12:00

Guilderland Public Library \$ 20

This session will provide an accurate view of crime scene processing while highlighting differences between reality and what is seen on some television shows.

## **Embracing Life with Whitman, Dickinson, and Millay # 840**

*Joan Goodman Ph.D*

**Tuesday, May 7 7:00 - 9:00**

Beverwyck Retirement Community \$ 20

In this session the exploration of Whitman, Dickinson, and Millay continues with discussion of the use of poetic conventions such as irony and hyperbole to focus the reader's attention on the transcendent qualities housed within mundane experience. Each poet selects elements of her or his environment - most often found in Nature - to emblemize the presence of spiritual grace within our everyday purview which is yet commonly ignored or taken for granted. [See catalogue description of the prior class (Tuesday, April 16) called "Poetry of Exuberance: Embracing Life with Whitman, Dickinson, and Millay."]

## **The Whys and Wherefores of Jane Austen: Understanding the Author Within the Context of Their Times # 841**

*David Shapard, PhD History UC Berkeley*

**Thursday, May 9 2:00 - 4:00 pm**

Guilderland Public Library \$ 20

Jane Austen is one of the greatest English novelists. Her novels, and the film and television adaptations made from them, have attained extraordinary popularity in recent years. Yet the customs and institutions of her society, which play such a critical role in her stories, are often baffling for contemporary readers. This course, after a brief overview of Austen herself and her novels, will discuss some of the most significant features of Austen's society to help her readers and viewers attain a better comprehension. Topics will include the social hierarchy and its many gradations, the system of property and inheritance among the landed elite, the position of women, and the rules governing marriage and sexual relations, and the complex code of etiquette for daily behavior. Questions about these and other topics related to Jane Austen will be encouraged.

## **Better to be Safe Than Sorry - Identity Theft and Scams # 842**

*Melanie Grossman, Upstate Outreach Coordinator for NYS Consumer Protection Board of Dept of State*

**Monday, May 13 1:00 - 3:00 pm**

Avila Retirement Community \$ 20

This session will provide an overview of how to recognize and avoid a scam, will include what to do if you are a victim, and will present real life stories. The presentation will provide strategies to help address harms from identity theft, to prevent victimization, and to recognize and avoid scams, frauds, and hoaxes that cost consumers and businesses time and billions of dollars. The session will present practical tools and resources for victims.

## **Making Important Decisions Regarding Health Issues # 847**

*Panel of experts will include a nurse, social worker and chaplain*

**Wednesday, May 15 1:00 - 3:00 pm**

Community Hospice \$ 20

We are all faced with important decisions at some time in our lives; often these have to do with health issues. How we make those decisions is the subject of this course. A panel of people from The Community Hospice will discuss preparation for decision-making. A social worker will help participants consider how to talk with loved ones about their own wishes. A nurse will present information about advance directives including health care proxies and what to discuss with one's physician. A chaplain will talk about various issues of spirituality and belief. During a question-and-answer period, the panel will also address concerns raised by the participants.

### **Early Bird Registration**

**Thursday, March 14**

**Eastwyck Village, Rensselaer NY**

**SEE BACK COVER FOR DETAILS**

## LIVING HEALTHY

### Is There Really a Gluten Free Diet? ShopRite of Albany # 844

*Alisha Strianese, Registered Dietitian of ShopRite of Albany*

**Wednesday, May 15 10:00 am - 12:00 pm**  
ShopRite of Albany \$ 5

Participants will learn the ins and outs of the gluten free diet. This class will include sampling, a guided tour of the grocery store, and educational handouts. Come ready to learn and have a great time. (\$5.00 registration fee)

### Is There Really a Gluten Free Diet? ShopRite of Slingerlands # 845

*Amy Imler, Registered Dietitian of ShopRite of Slingerlands*

**Wednesday, May 15 10:00 am - 12:00 pm**  
ShopRite of Slingerlands \$ 5

Participants will learn the ins and outs of the gluten free diet. This class will include sampling, a guided tour of the grocery store, and educational handouts. Come ready to learn and have a great time. (\$5.00 registration fee)

### Is There Really a Gluten Free Diet? ShopRite of Niskayuna # 846

*Elicia McMullen, Registered Dietitian*

**Wednesday, May 15 2:00 - 4:00 pm**  
ShopRite of Niskayuna \$ 5

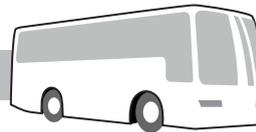
Participants will learn the ins and outs of the gluten free diet. This class will include sampling, a guided tour of the grocery store, and educational handouts. Come ready to learn and have a great time. (\$5.00 registration fee)

## Legendary Locals of the Capital District # 848

*Don Rittner, American historian, archeologist, environmental activist, educator and author*

**Wednesday, May 15 6:00 - 8:00 pm**  
Avila Retirement Community \$ 20

Over the last 400 years of American history, Capital District residents have played a major role in the development of the country. You will be introduced to a few of these famous inventors, scientists, business people, artists and military leaders from Henry Burden to John Wool. Learn how the Capital District was instrumental in ending the Civil War and WW II, began the first science college, and invented sound on film leading the way to motion pictures and more.



**BUS TRIP!**

### Visit Heather Ridge Farm and the Bee's Knees Cafe, Preston Hollow, NY # 849

*Carol Clement, owner and operator, Heather Ridge Farm*

**Thursday, May 16 10:00 - 3:00 pm**  
Crossgates Mall, Macy's overflow lot \$ 60

Farm-to-table refers to a movement concerned with producing food locally and delivering that food to local consumers. It may also be associated with organic farming initiatives, sustainable agriculture, and community-supported agriculture. At Heather Ridge Farms visitors survey the laying hens system while the cattle dutifully pose for pictures. See the animals, learn about gravity fed water systems, get kissed by a llama, collect eggs, and learn about our solar panel array. Join us for a walking tour of the farm and lunch at Bee's Knees Cafe. Wear sneakers or walking shoes that may get dirty! There are hills to climb and possibly tall grass. Walking tour includes uneven terrain. Bus transportation and lunch included. **(PLEASE NOTE: THERE ARE NO REST ROOMS ON THE BUS AND IT IS A 40-MINUTE RIDE FROM ALBANY)**

## **Introduction to Chair Yoga # 850**

*Shannon Keyes, Certified YogaTeacher, Usui Reiki Master, Certified Hypnotist, Certified Tantric Educator, Sound Healer*

**Thursday, May 16 1:30 - 3:00 pm**  
Key 2 Joy \$ 20

This class is a modification of traditional yoga asanas (poses) through the use of a supporting chair. The class is open to men and women of any age, ideal for seniors and people who are de-conditioned, and people with special physical needs. Benefits include greater body awareness, increased core strength, balance, and physical confidence. Comfortable clothing is recommended; chairs, mats, and props will be available. The class will finish with a half-hour of Guided Visualization Meditation for optimal relaxation and stress relief.

# *Make the Connection!*

**OASIS Lifelong Learning & Living Healthy NY Community Workshops**  
Visit our website at [ceacw.org](http://ceacw.org).

## **"The Mayor" Erastus Corning, 2nd # 851**

*Ivan Steen, Vincent O'Leary Associate Professor, Dept. of History, SUNY Albany*

**Thursday, May 16 10:00 am - 12:00 pm**  
Albany County Hall of Records \$ 20

For more than forty years, Erastus Corning, 2nd served as Mayor of the City of Albany. This course will look at Albany politics before and during those years and the man who presided over the city. Some of the topics to be discussed benefit from information derived from interviews conducted by the instructor with the mayor, those who knew him, and politically-connected observers of Albany politics, as well as research at the Albany County Hall of Records and the Albany Institute of History and Art.

## **FUN-damentals of Acting Technique # 852**

*Sara Melita, performed lead and supporting roles in community, college and professional theatres*

**Monday, May 20 10:00 am - 12:00 pm**  
Eastwyck Village Senior Living \$ 20

What exactly is it that actors do to create dramatic and believable characters? How do they transform themselves into different roles and convince us that they are REAL people? It's not just about learning all those lines! Come learn the basics of acting techniques that can benefit you both on and off the stage. Bring your imagination and creativity and join us as we take a journey into the world of theatre. Learn the basic skills of acting through story dramatization, improvisation, and scripted material. Enjoy expressing your own unique thoughts, ideas, and feelings and transforming them into theatrical performance.

## **Behind the SEAMS: The Quilts of Saratoga County # 853**

*Anne Clothier, Director of Education at Brookside Museum*

**Monday, May 20 10:00 am - 12:00 pm**  
Brookside Museum \$ 20

Visit Brookside Museum in historic Ballston Spa to explore the world of quilts. Learn about these unique examples of artistry that also serve as functional household items. View a variety of original quilts from Brookside's extensive collection, and follow their evolution over the past two centuries. Time for lunch? Plan to linger in Ballston Spa and enjoy one of their many local cafes and restaurants such as the Whistling Kettle.

## **A UNIQUE VOLUNTEER OPPORTUNITY**

If you would like more information about becoming a long-term care Ombudsman for the American Red Cross of Northeastern New York, please contact **Edie Sennett** at **518-458-8111 x 5114**.

## **The Contemporary Western American Novel 4-Part Series # 854**

*Billie Bennett Franchini, Assistant Director of the Institute for Teaching, Learning and Academic Leadership, SUNY Albany*

**Wednesdays, May 22, 29, June 5, 12**

**5:00 - 7:00 pm**

Colonie Senior Service Centers, Inc. /

Beltrone Center

\$ 65

Though the 'frontier' has long been settled, the myth of the American West still looms large in our culture. From Cooper's Leather Stocking Tales to the novels of Willa Cather and the bleak landscapes of Cormac McCarthy, the West has represented adventure, mystery, beauty, and opportunity. All of these themes play out against a backdrop of violence and exploitation, and this complex history continues to inform American literature in a meaningful way. In this course we will focus on four contemporary Western novels by some major writers: Linda Hogan's "Mean Spirit" (1990), Kent Haruf's "Plainsong" (1999), Mayilynne Robinson's "Gilead" (2004), and William Haywood Henderson's "Augusta Locke" (2006). All these titles should be available at a library or ordered through a local or an online bookseller.

PLEASE NOTE: We will study the novels in chronological order, and participants should read Hogan's "Mean Spirit" in its entirety before the first class meeting. Each session will focus on discussion and close with a reading of the literature as well as exploration of its historical, literary, and cultural context.

## **Preparing for the Effects of Climate Change in New York State # 855**

*Mark Lowery, New York State Department of Environmental Conservation Climate Policy Analyst*

**Wednesday, May 22**

**6:00 - 8:00 pm**

Glen Eddy Retirement Community

\$ 20

New York State has released three major reports detailing the current and projected effects of climate change: State Sea Level Rise Task Force: Report to the Legislature; State Climate Action Council: Climate Action Report; and Responding to Climate Change in New York State. This course will review the findings of these reports including projected changes in regional climates and

climate hazards and increased risk to the resources, residents, and economy of the State. Report recommendations for adapting to climate change effects and State programs to support State and local adaptation will also be discussed.

## **The Rite of Spring: The Birth of Modern Music # 856**

*David Ciucevich, Instructor of Clarinet, Cady School of Music; Adjunct Professor of Clarinet, College of St. Rose*

**Wednesday, May 29**

**2:00 - 4:00 pm**

Key 2 Joy

\$ 20

2013 marks the centenary of the premiere of "The Rite of Spring (Le Sacre du Printemps)" by the Russian composer Igor Stravinsky. It is one of the seminal works of music. The date (May 29, 1913) became infamous as the greatest *succes de scandale* in the history of music as a riot broke out in the hall and police had to be called in to restore order. What could have led to such behavior? Join clarinetist, singer and musicologist, David Ciucevich, as he takes participants on a journey through the inner workings of "The Rite of Spring" while listening to a recording of the complete work. Through charts, photographs, eyewitness accounts, audience participation and a generous dollop of humor, David will increase your enjoyment of this fascinating work so much that you might just say, "I LOVE The Rite of Spring!"

## **A Tour of the Normanskill Farm - A Historic Treasure in the City of Albany # 857**

*Tom Gallagher, Farm Manager and Joyce Keenan, Friends of the Normanskill Farm*

**Friday, May 31**

**10:00 am - 12:00 pm**

Normanskill Farm

\$ 20

Visit Normanskill Farm located just outside the city of Albany and take a guided tour through historic buildings, the celebrated Whipple Bridge, and the restored Blacksmith Forge. Established in 1850, this landmark is a hidden retreat where participants can enjoy the landscape, watch the birds, and enjoy Mother Nature. CONSIDER BRINGING YOUR LUNCH AND RESTING AT A PICNIC TABLE. PLEASE NOTE: DRESS FOR THE WEATHER AND WEAR COMFORTABLE WALKING SHOES.

## People of Courage, People of Hope, Seekers for Justice # 858

*Paul and Mary Stewart have been researching Underground Railroad history since 1999*

**Tuesday, June 4 2:00 - 4:00 pm**  
Beverlyck Retirement Community \$ 20

This class will present the documented accounts of both freedom seekers and abolitionists, highlighting the leadership roles of African Americans abolitionists. The presenter will identify who they were, what they did, and where they engaged in their activities as they sought to ensure that the promises of the Declaration of Independence were available to all.

### INTERACTIVE

## Iroquois Ingenuity # 859

*Christine Sell, with the Scotia Glenville Traveling Museum for 4 years*

**Tuesday, June 4 2:00 - 4:00 pm**  
Avila Retirement Community \$ 25

This interactive workshop will explore Iroquois ingenuity. Along the shores of the Hudson and Mohawk Rivers, long before it was settled by European visitors, lived a powerful tribe called the Iroquois Confederacy, made of five separate nations: the Mohawk, Seneca, Oneida, Onondaga, and Cayuga. Experience their fascinating life through slides, discussion, and hands-on examination of artifacts. Step back in time and see how the Iroquois were able to grind corn using a deer jaw, learn about the tanning process, feel how soft a wolf's fur is, aim a bow, and try on an authentic ceremonial gustoweh.

## The Basics: Memory Loss, Dementia, and Alzheimer's Disease # 860

*Gretchen Moore-Simmons, Professional Development Specialist at the Alzheimer's Assoc. of NENY*

**Tuesday, June 4 2:00 - 4:00 pm**  
NENY Alzheimer's Association \$ 10

This workshop, presented by the Alzheimer's Association, is for those who want to know more about Alzheimer's Disease and related dementias. Symptoms and effects on the brain, causes and risk factors, and benefits of early detection are among the topics.

## Here Comes the SUN...Solar Home Concepts: Practical Approaches to Using the Sun # 861

*Dan Gibson, founder of Home Energy Advisors, LLC and Our Energy Independence Community*

**Tuesday, June 4 6:00 - 8:00 pm**  
Guilderland Public Library \$ 20

This will not be a technical class, but rather a practical discussion of design philosophy and some of the more important solar concepts (Orientation, Solar Access, Location of Spaces, Insulation, Solar Thermal Storage, Mechanical Ventilation, etc.) and how to apply them in our climate. You may be able to apply these concepts to your existing home, but definitely to an addition or new home. We need to make better use of the sun and to do so starts with being aware of some of the possibilities. There will not be time to discuss individual situations, but there will be time to discuss the general application of these concepts.

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## LIVING HEALTHY

## INTERACTIVE

### How to Get the Most Out of Your Cooking Dollar? ShopRite of Slingerlands # 863

*Amy Imler, RD, CDN, Dietitian of ShopRite at Slingerlands*

**Saturday, June 8 10:00 am - 12:00 pm**

ShopRite of Slingerlands \$ 5

Learn how to get the biggest bang for your buck without jeopardizing the goal to eat a healthy diet. This class will include sampling, a guided tour of the ShopRite grocery store, and educational handouts. Come with questions and leave with answers. (\$5.00 registration fee)

### How to Get the Most Out of Your Cooking Dollar? ShopRite of Albany # 864

*Alisha Strianese, Registered Dietitian of ShopRite of Albany*

**Saturday, June 8 10:00 - 12:00**

ShopRite of Albany \$ 5

Learn how to get the biggest bang for your buck without jeopardizing the goal to eat a healthy diet. This class will include sampling, a guided tour of the ShopRite grocery store, and educational handouts. Come with questions and leave with answers. (\$5.00 registration fee)

### How to Get the Most Out of Your Cooking Dollar? ShopRite of Niskayuna # 865

*Elicia McMullen, Registered Dietitian of ShopRite of Niskayuna*

**Saturday, June 8 1:00 - 3:00 pm**

ShopRite of Niskayuna \$ 5

Learn how to get the biggest bang for your buck without jeopardizing the goal to eat a healthy diet. This class will include sampling, a guided tour of the ShopRite grocery store, and educational handouts. Come with questions and leave with answers. (\$5.00 registration fee)

### Explore Alaska # 862

*Simone McGinness, teacher with the Scotia-Glenville Museum for 8 years*

**Friday, June 7**

**2:00 - 4:00 pm**

Glen Eddy Retirement Community \$ 25

This interactive workshop will explore Alaska. Our beautiful Northland is unique in Native Alaskan culture. It is rich with hidden treasures and, like the environment, well worth protecting and learning about. Become acquainted with Alaska's geography, history, ecology and natural resources and explore how Alaska's wildlife and native people's relationships are connected for survival. This program is centered on a collection of hands-on museum exhibit objects about Alaska highlighting the beauty of our 49th state.

### The Legacy of Shaker Gardening # 867

*Cathie F. Gifford, Albany County Master Gardener*

**Monday, June 10**

**10:00 am - 12:00 pm**

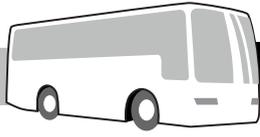
Cornell Cooperative Extension of Albany County \$ 20

Ponder this: soil is something to be redeemed and cultivating a garden can be said to be cultivating the mind. These were some the thoughts of the early Shakers, part of our region's unique history, who went on to create a world-renowned seed and herb business in the 19th century. Find out about Shaker gardening principles which are still valued today, see a modern Shaker-style culinary herb garden, and enjoy wandering throughout 26 gardens at the Cooperative Extension of Albany County located in Voorheesville, NY. Bring a lunch and enjoy eating in the gazebo.

PLEASE: DRESS FOR THE WEATHER AND WEAR COMFORTABLE WALKING SHOES.

# REGISTER NOW!

**CALL 518-442-5529**



**BUS TRIP!**

## **Adirondack Architectural Heritage Tour of the Spiritual Retreats on Lake George**

**# 866**

*Susan Arena, Program Director of Adirondack Architectural Heritage Program*

**Monday, June 10 9:00 am - 4:30 pm**

Crossgates Mall, JC Penny overflow lot \$ 85

Join us for a day trip as we visit four special places on the eastern shore of Lake George, the Wiawaka Holiday House, St. Mary's of the Lake, Mountainside Free Library and Cleverdale Lakeside Chapel. Wiawaka, founded in 1903 by Mary Wiltse Fuller as a country retreat for women factory workers, includes the 1870 Fuller House, once part of the Crosbyside Hotel. St. Mary's on the Lake, the summer retreat for the Paulist Fathers build in the 1860's, stands prominently on a hillside overlooking the lake. Mountainside Free Library, built in 1904 with local support as well as by a contribution from Andrew Carnegie, is an extraordinary gem of a library open 24/7/365. Finally, entering their 92nd year of service, Cleverdale Chapel is a small, well-preserved church that operates seasonally. PLEASE NOTE: This trip will include a walking tour of Wiawaka. Wear sneakers or comfortable shoes for uneven terrain. Bus and lunch included

## **Edible, Medicinal, and Poisonous Plants - OH MY!**

**# 868**

*Patrick Clear, Executive Director, ECOS the Environmental Clearinghouse*

**Tuesday, June 11 10:00 am - 12:00 pm**

Avila Retirement Community \$ 20

Have you ever wondered about the common dandelion? Is it edible? Yes! Is it poisonous? Yes! Is it medicinal? Yes! Confused? Come join Patrick Clear, Executive Director of ECOS: The Environmental Clearinghouse, as he introduces you to the secret lives of common plants of the Capital Region. Learn which are edible and poisonous and which can be used as natural medicines.

## **The Butterfly Lady**

**# 869**

*Carol Ann Margolis, MS Horticulture Education  
Coordinator at Albany Heritage Area Visitors Center*

**Thursday, June 13 10:00 am - 12:00 pm**

Albany Heritage Area Visitors Center \$ 20

The Monarch butterfly is one of the most recognized, studied, and loved North American insect. The "Butterfly Lady" invites you into this live, interactive workshop to explore the biology, metamorphosis, migration, and tagging of this spectacular insect. Learn how you can join other citizen scientists in tracking monarch migration and breeding. Discover ways you can attract the monarchs to your own backyard. The "Butterfly Lady" tagged over fifty monarch butterflies in fall 2012 and she will delight in sharing the story of one of her monarchs which successfully journeyed to Mexico!



## **Save the Date!**

**Wednesday May 8, 2013**

### **Capital Region OASIS Annual Thank You and Recognition Event**

**Atria Senior Living,  
Mill Rose Ct. Slingerlands**

**Invitation to follow!**

## Setting Sail on the Hudson 400 Years later: The Onrust # 870

*Don Rittner, American historian, archeologist,  
environmental activist, educator and author*

**Saturday, June 15** 4:00 - 6:00 pm  
Atria Shaker \$ 20

Don't miss this chance to enjoy a firsthand overview of the building of the 17th Century Dutch Ship "The Onrust." This historic ship represents the first ship built in New York State using authentic 17th century Dutch ship-building techniques and is sure to spark interest for all the Albany and Dutch heritage history buffs.

## What We All Need to Know About Guns and Gun Control # 871

*Alan Lizotte, Dean of School of Criminal Justice,  
SUNY Albany*

**Wednesday, April 10** 2:00 - 4:00 pm  
Guilderland Public Library \$ 20

The presenter will discuss important information that we all need know in order to make informed decisions about gun law and policy. The class will cover some fundamental facts about legal and illegal gun ownership, and about gun crime, that we need for a sensible discussion about reducing gun crime. This class will be conducted as a seminar/discussion rather than a lecture. Participants need not have any knowledge of the subject matter to engage in this course.

*Early Bird  
Registration!*

Thursday, March 14  
Eastwyck Village in Rensselaer  
**Join us and save \$10.00  
on your OASIS registration!**  
SEE BACK COVER FOR DETAILS

## CLIP THESE COUPONS!



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**Coupon must be included with mail-in registration.**



Register for 4 classes and  
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Sign up for 4 classes  
in the Spring 2013  
Semester and  
receive the 5th class  
for FREE!



The free class is a single session \$20 class ONLY. Please call for more information at 518-442-5529. This offer is only valid with mail-in registrations for the Spring 2013 Semester and cannot be combined with any other offers.  
**Coupon must be included with mail-in registration.**

# MAIL-IN REGISTRATION FORM

One person per form. Use the boxes to select your classes. Please print clearly.

I am a:  Current OASIS Member  New OASIS Member

Name		Address	
City	State	Zip	Phone
			E-mail

## Waiver of Liability (must be signed to attend class)

I release and discharge OASIS and all other sponsors, supporters and all agents and persons acting for and on behalf of such entities from all claims or damages, demands or actions whatsoever in any manner related to or growing out of my participation in programs sponsored by OASIS, including but not limited to: educational, cultural, volunteer, physical fitness related programs and travel in any form. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in same. I understand that the OASIS mailing list may be used by OASIS sponsors for educational mailing. I understand that participants in OASIS programs are expected to conduct themselves in a courteous manner, respecting the rights of all other participants, volunteers and staff. I hereby authorize OASIS and the Center for Excellence in Aging & Community Wellness (CEACW) to photograph me in connection with my presence in their programs and projects, and give my consent so that these photographs may be viewed by others to promote the project. Also, the photographs may be published and republished, either separately or in connection with each other, in materials developed by OASIS or CEACW.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please check the box for the classes you would like to take and add dollar amount (fee) in right column.

<input checked="" type="checkbox"/>	#	TITLE	FEES	\$
<input type="checkbox"/>	800	The Archaeology of the Religion of Ancient Israel 4-Part Series	\$65	
<input type="checkbox"/>	801	Albany County Hall of Records Criminal Collection: 1825-1950	\$20	
<input type="checkbox"/>	802	Shakespeare in the Garden	\$20	
<input type="checkbox"/>	803	Japanese Tea Ceremony and the Way of Tea	\$20	
<input type="checkbox"/>	804	Laughter + Yoga = Laughter Yoga	\$20	
<input type="checkbox"/>	805	Spice Up Your Life: A Primer on Herbs and Spices	\$20	
<input type="checkbox"/>	806	Anatomical Gift Program at Albany Medical Center	\$20	
<input type="checkbox"/>	807	Know the 10 Warning Signs of Alzheimer's: Early Detection Matters	\$10	
<input type="checkbox"/>	808	President Lincoln's Visits to Albany	\$20	
<input type="checkbox"/>	809	Kick Your Sugar Cravings and End Emotional Eating	\$20	
<input type="checkbox"/>	810	Hrotsvit of Gandersheim	\$20	
<input type="checkbox"/>	811	The Moreland Act: How Governors Investigate State Government	\$20	

<input checked="" type="checkbox"/>	#	TITLE	FEES	\$
<input type="checkbox"/>	812	Do You Want to Dance? Gentle Ballet 4-Part Series	\$65	
<input type="checkbox"/>	813	FDR and the Post Office: A Young Boy's Fascination, A World Leader's Passion	\$20	
<input type="checkbox"/>	814	Amerigo to America: The Legacy of Italy to America	\$20	
<input type="checkbox"/>	815	Marie de France	\$20	
<input type="checkbox"/>	816	Williams Chamber Players	\$28	
<input type="checkbox"/>	817	Nanotechnology for Every Day _ An Overview & Tour	\$20	
<input type="checkbox"/>	818	The Art of Obituary Writing	\$20	
<input type="checkbox"/>	819	Let's PLAY!	\$20	
<input type="checkbox"/>	820	Start Your Meditation Practice Today!	\$20	
<input type="checkbox"/>	821	Eleanor Roosevelt: "First Lady of the World"	\$25	
<input type="checkbox"/>	822	Taking Tea: A Blend of Traditional & Modern	\$35	
<input type="checkbox"/>	823	Learn Everything You Wanted to Know About Hydraulic Fracturing	\$20	

<input checked="" type="checkbox"/>	#	TITLE	FEES	\$
<input type="checkbox"/>	824	Poetry of EXUBERANCE	\$20	
<input type="checkbox"/>	825	From Darkness to Light: The Story of Beethoven's Fifth Symphony	\$20	
<input type="checkbox"/>	826	Tour of Historic Proctors Theatre	\$20	
<input type="checkbox"/>	827	African Religion and Its Impact on African American Religion	\$20	
<input type="checkbox"/>	828	Searching for Sargent Bailey and other WWII Veterans	\$20	
<input type="checkbox"/>	829	The Healing Power of Essential Oils: An Introduction to Plant Medicine	\$20	
<input type="checkbox"/>	830	Cooking for One Can Be Fun	\$20	
<input type="checkbox"/>	831	Talavya	\$28	
<input type="checkbox"/>	832	Visit Pine Hollow Arboretum and Observe the Diversity of 'Woody' Plants	\$20	
<input type="checkbox"/>	833	Behind the Scenes at WMHT TV	\$20	
<input type="checkbox"/>	834	The Taliban: Friend or Foe?	\$20	
<input type="checkbox"/>	835	American Place Theatre in "The Giver"	\$28	

#	TITLE	FEE	\$
<input checked="" type="checkbox"/>	Releasing Weight - 3 Weeks to a Better You! 3 Part Series	\$50	
<input type="checkbox"/>	Meet the First Ladies of Our First Century	\$25	
<input type="checkbox"/>	The History and Beauty of the Yaddo Gardens of Saratoga Springs	\$20	
<input type="checkbox"/>	CSI TV Shows s. Real Life rime Scene investigations	\$20	
<input type="checkbox"/>	Embracing Life with Whitman, Dickinson, and Millay	\$20	
<input type="checkbox"/>	The Whys and Wherefores of Jane Austen: Understanding the Author Within the Cont	\$20	
<input type="checkbox"/>	Better to be Safe Than Sorry - Identity Theft and Scams	\$20	
<input type="checkbox"/>	Is There Really a Gluten Free Diet? ShopRite of Albany	\$5	
<input type="checkbox"/>	Is There Really a Gluten Free Diet? ShopRite of Slingerlands	\$5	
<input type="checkbox"/>	Is There Really a Gluten Free Diet? ShopRite of Niskayuna	\$5	
<input type="checkbox"/>	Making Important Decisions Regarding Health Issues	\$20	
<input type="checkbox"/>	Legendary Locals of the Capital District	\$20	
<input type="checkbox"/>	Visit Heather Ridge Farm & Bee's Knees Cafe, Preston Hollow, NY (Bus Trip)	\$60	
<input type="checkbox"/>	Introduction to Chair Yoga	\$20	
<input type="checkbox"/>	The Mayor Erastus Corning, 2nd	\$20	
<input type="checkbox"/>	FUN-damentals of Acting Technique	\$20	
<input type="checkbox"/>	Behind the SEAMS: The Quilts of Saratoga County	\$20	
<input type="checkbox"/>	The Contemporary Western American Novel 4-Part Series	\$65	

#	TITLE	FEE	\$
<input checked="" type="checkbox"/>	Preparing for the Effects of Climate Change in New York State	\$20	
<input type="checkbox"/>	The Rite of Spring: The Birth of Modern Music	\$20	
<input type="checkbox"/>	A Tour of the Normanskill Farm - A Historic Treasure in the City of Albany	\$20	
<input type="checkbox"/>	People of Courage, People of Hope, Seekers for Justice	\$20	
<input type="checkbox"/>	Iroquois Ingenuity	\$25	
<input type="checkbox"/>	The Basics: Memory Loss, Dementia, and Alzheimer's Disease	\$10	
<input type="checkbox"/>	Here Comes the SUNÉ Solar Home Concepts: Practical Approaches to Using the Sun	\$20	
<input type="checkbox"/>	Explore Alaska	\$25	
<input type="checkbox"/>	How to Get the Most Out of Your Cooking Dollar? ShopRite of Slingerlands	\$5	
<input type="checkbox"/>	How to Get the Most Out of Your Cooking Dollar? ShopRite of Albany	\$5	
<input type="checkbox"/>	How to Get the Most Out of Your Cooking Dollar? ShopRite of Niskayuna	\$5	
<input type="checkbox"/>	Adirondack Architectural Heritage Tour of the Spiritual Retreats on Lake George	\$85	
<input type="checkbox"/>	The Legacy of Shaker Gardening	\$20	
<input type="checkbox"/>	Edible, Medicinal, and Poisonous Plants - OH MY	\$20	
<input type="checkbox"/>	The Butterfly Lady	\$20	
<input type="checkbox"/>	Setting Sail on the Hudson 400 Years later: The Onrust	\$20	
<input type="checkbox"/>	What We All Need to Know About Guns and Gun Control	\$20	

TOTALS	
Total fee for all classes	\$
Add Tax-deductible Gift to OASIS	\$
Subtract Credit Voucher	(\$ )
Subtract Coupon	(\$ )
<b>TOTAL AMOUNT</b>	\$

Total classes selected \_\_\_\_\_

**Payment Options** (do not send cash)

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Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

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**Did you:**

Sign the Waiver?

Enclose Your Check/Payment Information?

Enclose Your Coupons?

# OASIS Calendar for March 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 <b>Early Bird Registration</b> see back cover for details	15	16
17	18	19	20 800: The Archaeology of the Religion of Ancient Israel 4-Part Series 10am - 12pm	21 802: Shakespeare in the Garden 10am - 12pm 801: Albany County Hall of Records 10am - 12pm	22 803 - Japanese Tea Ceremony and the Way of Tea 2 - 4pm	23
24	25 804: Laughter + Yoga = Laughter Yoga 1- 2:30pm	26 805: Spice Up Your Life: A Primer on Herbs and Spices 2 - 4pm	27 800: The Archaeology of the Religion of Ancient Israel; 4-Part Series 10am - 12pm	28 806: Anatomical gift Program at Albany Medical Center 10am - 12pm 807: Know the 10 Warning Signs of Alzheimer's: Early Detection Matters 2 - 4pm 808: President Lincoln's Visits to Albany 6 - 7:30pm	29	30
31						

# OASIS Calendar for April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b> 809: Kick Your Sugar Cravings and End Emotional Eating 10am - 12pm 810: Hotsvit of Gandersheim 2 - 4pm 811: The Moreland Act: How Governors Investigate State Government 7 - 9pm	<b>3</b> 800: The Archaeology of the Religion of Ancient Israel; 4-Part Series 10am - 12pm	<b>4</b> 812: Do You Want to Dance? Gentle Ballet (4-Part Series) 12:15 - 1:15pm	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> 813: FDR and the Post Office: A Young Boy's Fascination, a World Leader's Passion 2 - 4pm	<b>9</b> 814: Amerigo to America: The Legacy of Italy to America 10am - 12pm 815: Marie de France 2 - 4pm	<b>10</b> 800: The Archaeology of the Religion of Ancient Israel; 4-Part Series 10am - 12pm 871: What We ALL Need to Know about Guns and Gun Control 2 - 4pm 816: Williams Chamber Players 6:30 - 8:45pm	<b>11</b> 812: Do You Want to Dance? Gentle Ballet (4-Part Series) 12:15 - 1:15pm	<b>12</b> 817: Nanotechnology for Every Day - An Overview 1 - 3pm	<b>13</b>
<b>14</b>	<b>15</b> 819: Let's PLAY 10am - 12pm 818: The Art of Obituary Writing 10am - 12pm	<b>16</b> 820: Start Your Meditation Practice Today! 10am - 12pm 822: Taking Tea: A Blend of Traditional & Modern 2 - 4pm 821: Eleanor Roosevelt: "First Lady of the World" 2 - 4pm 824: Poetry of EXUBERANCE: Embracing Life with Whitman, Dickinson, and Millay 7 - 9pm	<b>17</b> 823: Learn Everything You Wanted to Know About Hydraulic Fracturing But Were Afraid to Ask 10am - 12pm	<b>18</b> 812: Do You Want to Dance? Gentle Ballet (4-Part Series) 12:15 - 1:15pm 825: From Darkness to Light: The Story of Beethoven's Fifth Symphony 2:30 - 4:30pm	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> 827: African Religion and Its Impact on African American Religion 2 - 4pm 826: Tour of Historic Proctors Theatre 10 am-12 pm	<b>23</b> 829: The Healing Power of Essential Oils: An Introduction to Plant Medicine 2 - 4pm 828: Searching for Sargent Bailey and other WWII Veterans 2 - 4pm	<b>24</b> 830: Cooking for One Can Be Fun 1:30 - 3:30pm	<b>25</b> 12: Do You Want to Dance? Gentle Ballet (4-Part Series) 12:15 - 1:15pm 831: Talavaya 6:30 - 8:45pm	<b>26</b> 832: Visit Pine Hollow Arboretum and Observe the Diversity of Woody "Plants" 10am - 12pm	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b> 833: WMHTV 10am - 12pm				

# OASIS Calendar for May 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 834: The Taliban: Friend or Foe? 2 - 4pm 835: American Place Theatre in "The Giver" 6:30 - 8:45pm	<b>2</b>	<b>3</b> 836: Releasing Weight - 3 Weeks to a Better You! 2 - 4pm	<b>4</b>
<b>5</b>	<b>6</b> 837: Meet the First Ladies of Our First Century 2 - 4pm	<b>7</b> 839: CSI TV Shows vs. Real Life Crime Scene Investigations 10am - 12pm 838: The History and Beauty of the Yaddo Gardens of Saratoga Springs 10 am - 12pm 840 - Embracing Life with Whitman, Dickinson and Millay 7:00 - 9:00pm	<b>8</b>	<b>9</b> 841: The Whys and Wherefores of Jane Austen: Understanding the Author Within the Cont 2 - 4pm	<b>10</b> 836: Releasing Weight - 3 Weeks to a Better You! 2 - 4pm	<b>11</b>
<b>12</b>	<b>13</b> 842: Better to be Safe Than Sorry - Identity Theft and Scams 1 - 3pm	<b>14</b>	<b>15</b> 844: Is There Really a Gluten Free Diet? ShopRite Albany 10am - 12pm 845: Is There Really a Gluten Free Diet? 10am - 12pm 847: Making Important Decisions Regarding Health Issues 1 - 3pm 846: Is There Really a Gluten Free Diet? ShopRite Niskayuna 2 - 4pm 848: Legendary Locals of the Capital District 6 - 8pm	<b>16</b> 849: Visit Heather Ridge Farm and the Beeis Knees Cafe, Preston Hollow, NY (Bus Trip) 10am - 3pm 850: Introduction to Chair Yoga 1:30 - 3pm 851: "The Mayor" Erastus Corning, 2nd 10am - 12pm	<b>17</b> 836: Releasing Weight - 3 Weeks to a Better You! 2 - 4pm	<b>18</b>
<b>19</b>	<b>20</b> 853: Behind the SEAMS: The Quilts of Saratoga County 10am - 12pm 852: FUN-damentals of Acting Technique 10am - 12pm	<b>21</b>	<b>22</b> 854: The Contemporary Western American Novel 4-part series 5- 7pm 855: What We Need to Know to Prepare for the Effects of Climate Change in New York 6 - 8pm	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> 856: The Rite of Spring: The Birth of Modern Music 2 - 4pm 854: The Contemporary Western American Novel 4-part series 5 - 7pm	<b>30</b>	<b>31</b> 857: A Tour of the Normanskill Farm - An Historic Treasure in the City 10am - 12pm	

# OASIS Calendar for June 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b> 858: People of Courage, People of Hope, Seekers for Justice 2 - 4pm 860: The Basics: Memory Loss, Dementia, and Alzheimeris disease 2 - 4pm 859: Iroquois Ingenuity 2 - 4pm 861: Here Comes the SUN: Solar Home Concepts: Practical Approaches to Using the Sun 6 - 8pm	<b>5</b> 854: The Contemporary Western American Novel (4-part series) 5 - 7pm	<b>6</b>	<b>7</b> 862: Explore Alaska 2 - 4pm	<b>8</b> 863: How to Get the Most Out of Your Cooking Dollar ShopRite of Slingerlands 10am - 12pm 864: How to Get the Most Out of Your Cooking Dollar ShopRite Albany 10am - 12pm 865: How to Get the Most Out of Your Cooking Dollar (ShopRite) 1 - 3pm
<b>9</b>	<b>10</b> 866: Adirondack Architectural Heritage Tour of the Spiritual Retreats on Lake George 9am - 4:30pm 867: The Legacy of Shaker Gardening 10am - 12pm	<b>11</b> 868: Edible, Medicinal, and Poisonous Plants - OH MY 10am - 12pm	<b>12</b> 854: The Contemporary Western American Novel (4-part series) 5 - 7pm	<b>13</b> 869: The Monarch Butterfly 10am - 12pm	<b>14</b>	<b>15</b> 870: Setting Sail on the Hudson 400 Years later: The Onrust 4 - 6pm
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>						

# Scotia-Glenville Traveling Museum providing OASIS Interactive Classes



Have you ever held a dinosaur tooth, tried on a ceremonial Native American Gustoweh, or worn shackles that a slave may have worn? A visit from the Scotia-Glenville Traveling Museum offers these opportunities. While we do not have a traditional museum that people can visit, we are the Capital Region's only all-traveling museum. We encourage you to touch, feel, try on and experience history, nature, and science.

You can have an opportunity to learn from our Museum programs that will be showcased in the spring programming for OASIS. The upcoming classes are Eleanor Roosevelt: "First Lady of the World," Meet the First Ladies of the First Century, Iroquois Ingenuity and North to Alaska. In each of these programs, you will have the opportunity to learn some interesting information, while having a hands-on experience with Museum artifacts.

Peek into Eleanor Roosevelt's private life with a glimpse of photos, memorabilia and clothing of the times. Learn which of the first ladies from the first century have ties to New York State. Try on a ceremonial Gustoweh headdress and grind some corn with a deer jaw. Feel some whale baleen and muskrat fur from the Alaskan shores. History and nature come to life with hands-on experiential learning. Find out for yourself!

The Scotia-Glenville Traveling Museum was founded in 1978 as an all-traveling museum that travels to communities within a 50 mile radius of

our administrative offices in Scotia. The Museum offers learning and fun for all ages. Programs include in-school programs for pre-K to 6th grade that are classroom-based and curriculum related, as well as after school, community events, birthday parties and learning for adults. For more information, please visit our website at [www.travelingmuseum.org](http://www.travelingmuseum.org).

See classes # 821, 837, 859 and 862 for the interactive classes offered by the Scotia-Glenville Traveling Museum.

**INTERACTIVE**

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# What is this thing called Chair Yoga?

Yoga has become very popular in recent years, but has been around for thousands of years. Yoga has gained such mainstream recognition because it is...very flexible! This means there is a type of yoga for everyone. When people think of yoga, they often think of yogis who can bend and twist themselves into amazing positions. Sure this is yoga, but regardless of your physical condition, level of flexibility, age, or other limitations, there is a yoga that can offer you wonderful benefits for your body, mind, and spirit.

If you don't see yourself using your legs as a necktie you may still reap the benefits of a regular practice by attending a Chair Yoga class. Chair Yoga is a modification of traditional Hatha Yoga (the yoga of physical processes and movement) which uses a chair to support and align the body. In this way, if you have difficulties with flexibility or balance, you have support. If you are fit and flexible, the chair can be used as a wonderful prop to aid you in surrendering and properly aligning the body. You explore to YOUR level of comfort, working to your ability with no competition. The most important aspect of participation is listening when your body gives you feedback and breathing deeply. If you can do that, you will enjoy Chair Yoga!

In Chair Yoga, movements are made with intension and focus on the breath to stretch and strengthen the body. These movements called

poses or "asanas" promote emotional release (especially tension), and stimulate proper function of organs and glands throughout the body.

A regular yoga practice provides:

- Stress and pain relief.
- Increased strength.
- Improved coordination, balance, flexibility, mobility, body alignment and posture, breathing, circulation.



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*..there is a type of yoga for everyone...that can offer wonderful benefits for your body, mind and spirit."*

Explore the possibility that chair yoga may be just the "thing" for you! Join Shannon Keyes on Thursday, May 16 for "Introduction to Chair Yoga." Check the catalog for Class #850.

# Lasting Weight Loss

Hundreds of pounds are lost and regained every day. Deprivation plans and extreme fitness programs are difficult to maintain and the catastrophic side effects of diet pills are horrifying. You want to look and feel healthy, so what can you do? Consider hypnosis. When you think of hypnosis do you think of someone clucking like a chicken? That's stage hypnosis. It is highly entertaining. In addition to its entertainment value, hypnosis is an effective vehicle for improving your quality of life quickly and often permanently. Hypnosis is used to change behaviors or unwanted habits, balance stress responses, release negative emotions (such as anger, sadness, fear, guilt, etc.), and help create a more positive self-image.

Weight is a symptom, not the problem. If you always acted in your own best interests (ate when you were hungry, drank enough water, and moved your body regularly) you could maintain a healthy weight. The problem is when you eat when you are not hungry, are dehydrated, live a sedentary lifestyle, or assign human characteristics to food (food is your friend, comfort, way of rebelling, etc.). But willpower won't fix this. If willpower worked, everyone would be exactly who they wanted to be. No one fails for a lack of WANTING to be healthier or happier.

*Weight is a symptom, not the problem."*

Successful weight loss programs must focus on resolving the habits or patterns that created the problem in the first place so you can eat healthy foods in the proper amount, drink enough water, and consistently move the body to strengthen and build muscle. With hypnosis, this process can be fun, easy to maintain, and therefore create lasting weight loss. Sound interesting? It is and it works!

So if you want to get off the weight loss "merry-go-round," consider hypnosis. It can work for you! To find out how, register for the 3 part series, Class #836, starting Friday, May 3rd, at Key 2 Joy, Niskayuna from 2:00 - 4:00pm.

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# Taliban: Friend or Foe?

Theodore P. Wright, Jr., Professor Emeritus of Political Science, SUNY Albany

The United States has been at war with an organization called the Taliban (Muslim religious students) in Afghanistan for eleven years and before that had refused to recognize it as the effective ruler of most of that country during the preceding six years. Yet it was the successor of an ideologically similar Muslim fundamentalist movement, the Mujahideen, which we had supported, aided and nourished throughout the 1980s against the Soviet-backed Communist regime in Kabul. How to explain this complete reversal and how might we restore relations with it in a deal to extricate our NATO forces from this quagmire, the longest war the United States has ever fought?

Further to complicate our relations in the region are our obligations to our own puppet government in Afghanistan, headed by Hamid Karzai and to neighboring Pakistan which was our ally in the Cold War and in the support of the Mujahideen. It will be argued that the key to understanding this imbroglio must always be aware of the rivalry between Pakistan and India ever since their creation out of the British Indian Empire in 1947 and the resulting dispute over Kashmir. This in turn reaches back into the history of the largely antagonistic relations between the Muslim rulers of northern India over seven centuries (1191 CE to 1857) and between two political parties, the Muslim League and the Indian National Congress in the last decades of British rule.

To hear more, register for Class # 834, Wednesday, May 1st, Glenn Eddy Retirement Community from 2:00-4:00pm.



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# FDR and the Post Office

## A young boy's fascination, a world leader's passion

Franklin Roosevelt is best known for his initiatives in support of the nation's recovery from the Great Depression, his participation at World War II conferences, and for being the only person to hold the office of United States president for more than two terms; he served four.

This presentation, based on the book of the same title, will reveal a side of FDR that is not widely known and rarely discussed. It is a more personal look at the man, his fascination with postage stamps and more important the educational value that they provided him with.

Aside from his political career, which also included one term as governor of New York, Roosevelt was an avid stamp collector and once in public office was personally responsible for transforming the hobby – at the time considered only worthy of a child's time and effort - into a major pastime worldwide. Along with his postmaster general, James A. Farley, FDR also brought a new perspective of the hobby to the Post Office Department, changing many of its procedures and focus in the process.

Upon assuming the office of president Roosevelt took over tasks previously handled by postal officials to include the personal review and approval of more than 200 postage stamps issued during his terms of office. In addition, he personally designed several that were released and as part of his WPA program – one created to bring back to work many unemployed citizens - he oversaw the construction of 406 post office buildings nationwide.



Register for class #813 to hear the full story by author Anthony Musso. The class is scheduled for Monday, April 8 from 2 to 4pm at the Avila Retirement Community.



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40 Autumn Drive  
 Slingerlands, NY 12159  
[www.NortheastHealth.com/Beverwyck](http://www.NortheastHealth.com/Beverwyck)



**Save the Date!**

**Wednesday May 8, 2013**

**Capital Region OASIS  
 Annual Thank You and  
 Recognition Event**

**Atria Senior Living,  
 Mill Rose Ct. Slingerlands**

**Invitation to follow!**

# Dance Your Way to Health

We don't usually think of dance as a form of exercise, but it can benefit the body and mind in many ways. Whether it is ballet, ballroom, belly dance or jazz; dance is a great way for people of all ages and physical abilities to get in shape and stay in shape.

Dancing is a full-body workout that helps tone muscles and provides aerobic exercise. Most dance classes also include some stretching at the end of class which will improve your flexibility.

Emphasis is placed on change of direction, transfer of weight, and proper posture so frequent dancing will help you stabilize and gain better control of your body. It may come in handy the next time you lose your balance.

In addition to the physical benefits, dancing

is great for the mind. Learning new steps, remembering patterns, and moving your arms and legs in different directions gives the brain a workout. And focusing on the dance routine helps you clear your mind of your day to day burdens and responsibilities. What better way to de-stress?

All of these are excellent reasons to put on your dancing shoes. Plus dancing, whether in a class or socially, provides an opportunity for you to meet others. Chances are there will be other dancers there that feel they have two left feet!

Get fit and have fun in a non-intimidating atmosphere. Try the four-week Gentle Ballet class (#812) at Albany Dance & Fitness, Thursdays, April 4-25 from 10:15 to 11:15 am.

LEARN MORE ABOUT OUR SENIOR HOUSING AT [UGOC.COM](http://UGOC.COM)

# Senior Living

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Schenectady, NY



# Driving Directions

## Spring 2013 Semester

For more detailed information, visit <http://ceacw.org/oasis> or contact the OASIS office at (518) 442-5529.

### **Albany Heritage Area Visitors Center**

(518) 434-0405

**25 Quackenbush Square, Albany, NY 12207 (Corner of Broadway & Clinton Avenue)**

The Visitors Center is located at the intersection of Broadway and Clinton Avenue in downtown Albany - just off the I-787 ramp at the Clinton Avenue exit (Exit 4B if traveling south on I-787).

FREE Visitors Center parking is available (by posted signs) on a first come- first served basis as noted. If all spaces are filled, metered parking is available in the main lot as follows: \$1 per hour Monday-Friday, 8 a.m.-5 p.m.

### **Albany County Hall of Records**

(518) 436-3663

**95 Tivoli Street Albany, NY 12207**

FROM I-787 NORTHBOUND (AND EXIT 23 OF THE THRUWAY): Take Exit 4, the downtown Albany exit. Go straight at the light for one block, and then turn right onto Erie Blvd. Take the second left turn onto North Ferry Street (towards Broadway) and then turn right at Broadway. The first street on your left is Pleasant Street; keep going one more block to Tivoli Street (you will see the RCA dog on top of the Arnoff Building at the corner of Tivoli and Broadway.) The first block of Tivoli Street is short; you will be at North Pearl Street. Cross North Pearl Street and continue up Tivoli Street to 95 Tivoli, a gray building with blue awnings.

### **Albany Dance and Fitness**

(518) 573-3631

**1197 Central Avenue, Albany 12205 (Pellegrino Plaza)**

FROM COLONIE CENTER: head southwest on Wolf Road toward Central Avenue (NY-5); turn left onto NY-5 E/ Central Avenue destination will be on the left.

### **Albany Guardian Society**

(518) 434-2140

**14 Corporate Woods Blvd, Suite 102, Albany 12211**

FROM THE NORTH: travel south on I-87; take the I-90 E/I-87S/I-90W exit 1, towards Albany/Boston/New York/ Buffalo; keep left at fork in the ramp to go to I-90 east; stay straight to go onto ramp; merge onto I-90 east; take Corporate Woods Blvd., exit 5A; go through traffic light at end of exit ramp, and at third driveway on the left, turn left into parking lot.

### **American Italian Heritage Museum**

(518) 435-1979

**1227 Central Avenue, Albany 12205**

From the West:

Merge onto I-90 E via exit 24 on the left toward I-87 N / Albany / Montreal; merge onto I-87 N via exit 1N toward Albany Intl. Airport/Montreal; take the RT-5 E / Wolf Rd exit- EXIT 2E- toward Albany; turn slight right onto NY-5 / Central Avenue.

### **Atria Shaker**

(518) 465-4444

**345 Northern Blvd, Albany 12204**

Across from Albany Memorial Hospital on Northern Blvd. Albany

### **Avila Retirement Community**

(518) 452-4250

**100 White Pine Drive, Albany 12203**

Avila is located just off Washington Avenue Extension behind the Daughters of Sarah Nursing Home. Coming from Crossgates, turn left at the Rapp Rd. intersection/ light (opposite Polish Community Center & Pinebush Police/Fire Stations). See "Avila" sign ahead, bear right from Daughters of Sarah.

## **Beacon Point Memory Care Community**

(518) 371-2200

**1 Emma Lane, Clifton Park 12065**

Located off Interstate 87 North; take exit 9 to Route 146; make a left on Route 146, continue for approximately 1.5 miles; Beacon Pointe will be on your right.

## **Beverwyck Retirement Community**

(518) 482-8774

**40 Autumn Drive, Slingerlands 12159**

FROM STUYVESANT PLAZA: Head west on Western Avenue (Rt. 20). Take immediate left onto Schoolhouse Road. Travel 1.3 miles to traffic circle and go left onto Krumkill Road. Travel .7 miles and turn right onto Beverwyck Lane. Turn left on Autumn Drive and follow signs to Main Entrance.

**From I-90:** Take Exit 4 (Slingerlands/Route 85W). Travel to Krumkill Road Exit, and take a right onto Krumkill Road. Travel 1 mile, turn left onto Beverwyck Lane. Turn left on Autumn Drive and follow signs to Main Entrance.

## **Brookside Museum**

(518) 885-4000

**6 Charlton Street, Ballston Spa 12020**

I-87 to Exit 12; left onto Route 67; right onto Route 50 into the Village of Ballston Spa; left onto Front Street; building sits at the end of Front Street, at the intersection of Fairground Ave, Front Street and Charlton Street

## **Colonie Senior Services Center, Inc. Beltrone Center**

(518) 459-2857 x303

**6 Winners Circle, Colonie 12205**

At the Wolf Road intersection with the Macaroni Grill and Hess Gas, turn onto Metro Park Road, and then take the 2nd left onto Winners Circle. At the 1st Stop sign / blue Town Nurse sign, turn right, drive beyond the parking lot, bear left, park in the lot in front of Building VI.

## **Cornell Cooperative Extension of Albany County**

(518) 765-3500

**24 Martin Road, Voorheesville 12186**

## **Community Hospice**

(518) 724-0200

**445 New Karner Road, Albany 12205**

FROM COLONIE CENTER: head southwest on Colonie Center; take the 1st right to stay on Colonie Center; turn left onto Wolf Road; turn right onto NY-5 W/Central Avenue; turn right onto NY-155 E/New Karner Road; destination will be on the right

## **Crossgates Mall Overflow by JC Penney Parking for Bus Trips**

**1 Crossgates Mall Road, Albany 12203**

The overflow parking is located across the street from JC Penny's Department Store. (LOWER LEVEL)

## **Crossgates Mall Overflow by Macy's Parking for Bus Trips**

**1 Crossgates Mall Road Albany 12203**

The overflow parking is located across the street from Macy's Department Store.

## **Eastwyck Village Senior Living Community**

(518) 874-1638

**1720 Best Road, Rensselaer 12144**

Take the I-90 ramp to Buffalo/Boston; go 0.2 mi; Keep right at the fork and merge onto I-90 E; go 2.1 mi

Take exit 8 to merge onto NY-43 E toward Defreestville; go 2.1 mi; Turn right onto Best Rd; Destination will be on the left; go 0.3 mi.

## **Glen Eddy Retirement Community**

(518) 280-8000

**1 Glen Eddy Drive, Niskayuna 12309 (Off Consaul Road)**

Travel west on Route 7 or Central Avenue/State Street (Route 5). Turn onto Balltown Road (Route 146), and travel to Consaul Road just behind Mohawk Commons. Travel east on Consaul Road for 1 mile. Turn left onto Glen Eddy Drive, and follow campus signs to your destination.

## **Guilderland Public Library**

(518) 456-2400 x6

2228 Western Ave, Guilderland 12084

Library is one mile west of the intersection of Routes 155 and 20 (location of 20 Mall/Price Chopper). Make a left on Mercy Care Lane, a short distance past the traffic light at the entrance to Guilderland Elementary School.

## **KEY 2 JOY NISKAYUNA**

(518) 598-6968

145 Vly Road #6, Shaker Pine Plaza, Niskayuna 12309

From Central Avenue, take New Karner Road, toward the airport. Go .9 miles to the light at Watervliet Shaker Road. Go through the light and turn right, just past the Berkshire Bank, into the Shaker Pine Plaza.

## **Nanotech SUNY Campus Building**

(518) 437-8685

257 Fuller Road, Albany 12203

Drive to SUNY Albany intersection of Washington Avenue and Fuller Road. Follow Fuller Rd toward Western Avenue. At the traffic circle, take the 1st exit onto Tricentennial Drive. Turn right, and site will be on the left.

## **NENY Alzheimer's Association**

(518) 867-4999

4 Pine West Plaza, Suite 405, Albany 12205

Off of Washington Avenue Ext.; turn right onto Pine West Plaza, and then immediately turn left onto N Frontage Rd/Washington Ave Ext; turn right onto Pine West Plaza; if reach United Way, have gone too far.

## **Normanskill Farm**

(518) 765-3500

1000 Delaware Avenue, Albany 12209

## **Pine Hollow Arboretum**

(518) 439-6472

34 Pine Hollow Road, Slingerlands 12159

Parking at 16 Maple Avenue, Slingerlands, New York 12159 in driveway or on front lawn (weather permitting).

## **Proctors Theatre**

(518) 346-6204

432 State Street, Schenectady 12305

Complimentary parking in the Metroplex Parking Garage. The Garage is adjacent to Proctors. Enter the Proctors Arcade under the marquee next to New York State Lottery building.

## **ShopRite of Albany**

(518) 729-5869

80 Central Avenue, Albany 12206

## **ShopRite of Niskayuna**

(518) 243-4565

2333 Nott Street, Niskayuna 12309

## **ShopRite of Slingerlands**

(518) 729-4108

14 Vista Blvd., Slingerlands 12159

## **The Tailored Tea**

(518) 608-5137

1010 Troy Schenectady Road, Latham 12110

## **The UAlbany Performing Arts Center**

(518) 442-3995

PAC – 266, Albany, NY 12222

FROM THE SOUTH AND WEST: Follow the New York State Thruway to Exit 24 and Interstate 90 East to Exit 2. Proceed directly across Washington Avenue onto the campus, turn left and follow signs for Collins Circle/ Visitor's Parking.

## **WMHT**

(518) 880-3400

4 Global View, Troy 12180

From I-90 EAST: Take Exit 8, which flows into Route 43. Follow Route 43 to Route 4. Turn left on Route 4 North. Continue for 2 miles; turn left into Rensselaer Technology Park/Jordan Rd. Proceed on Jordan Rd. until you see WMHT on the corner of Global View and Jordan Rd.

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**Thursday, March 14**

1:00 – 3:00 pm

**Eastwyck Village**

1720 Best Road

Rensselaer, NY 12144

**Everyone welcome!**

**Bring a friend or neighbor!**

**Door prizes, raffles, tours and  
light refreshments!**

**Call for more information**

**518-442-5529.**