



April 2024 programs are in-Person unless otherwise stated. Virtual is available upon request at registration. Email golden@theconklingcenter.org or call 518-793-1494 to register.

Thursday's April 11th & 25th 10-11am Gentle Yoga Zoom w/Maureen. Get your day off to a good start with breathing exercises, gentle yoga postures that can be done in a chair, and meditation.

Tuesday's April 2nd, 16th, & 30th 10:30-11:00am Core Cardio Zoom/Eden-The Gym 518 Get your body moving at your pace for a 30-minute workout focusing on core strengthening and cardio. Incorporating small weights with items you already have in your home.

****Exercise programs sponsored by** *Neighbors NY*

Tuesday, April 2nd 12-2pm Guerrilla Gardening: Making seed Bombs for Monarchs! Bring the grandchildren during school break and together make earth-friendly seed bombs to grow the plants that produce the food necessary for the Monarchs. Monarchs are on the red list of endangered species, and they need our help to make a comeback. Have fun while learning and working together to help the beloved butterfly. *Fee of \$5.00 includes all supplies. Due by 3/29*

Thursday, April 4th 12-2pm Senior Social at Go Play with Your Food. A board game tavern offering over 700 new and classic board and card games to choose from. Play, drink, eat, and meet new people. Let's have fun! *Fee of \$5.00 Includes water/soda by 3/18.*

Tuesday, April 9th 11am-12pm Southern Adirondack Independent Living (SAIL) w/Cam Cardinale, Director of Community Relations. Learn more about the thirteen different programs that SAIL has to offer to our communities. This presentation will be specifically based around the Medicare C&D enrollment program.

Tuesday, April 9th 2-3pm Upstate NY Genealogy w/ Lisa Dougherty. This program has limited seating for direct, personalized help. Have specific questions about your photos or documents? Bring them with you and share your stories! Lisa will guide you through basic steps to get started, then offer interactive searching tips based on your own family.

Tuesday, April 16th 2-3pm Effective Communication Strategies w/Lindsay Stanislawsky of the ALZ. Assoc. NENY. Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, and body language. As the disease progresses, individuals living with Alzheimer's or other dementias lose the ability to use words, but families can find new ways to connect. Join us to explore how communication changes when someone is living with Alzheimer's, learn how to interpret verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.

Thursday, April 18th 1-3pm Springtime Painting w/Robin. Choose from a few Spring options. A bunny in flowers, poppy flowers, or maybe a hanging basket! All on canvas, and no experience necessary! *Fee of \$15.00 includes all supplies needed due by 4/15.* Join us for an afternoon of fun and creativity. Happy Spring!

Thursday, April 25th 12-2pm. Lunch at Seasoned with Chef Dynia Marino and the 2024 culinary students from SUNY Adirondack. Seasoned is a full-service fine-dining restaurant in downtown Glens Falls. Students learn the ins and outs of the restaurant and hospitality industries by working in all roles-hostess, waitstaff, bartender, etc. In the kitchen and classrooms, they learn the art of creating delectable cuisine. While watching the live stream from the kitchen, we will watch as they cook our traditional American pre-fixed three course lunch that includes: water (tap), fountain soda, tea, and coffee. There will be 3-4 options to choose from. Gluten free and vegan options will be available. All options on the menu are fresh, and we will know them a week or two beforehand. Lunch fee of \$20.28 (includes tax) due to The Conkling Center by 4/19. Tip not included. Tips may be given by check or cash. At the end of the year all tips are used to take the students out for a meal and used as scholarships.

Tuesday, April 30th 2-3pm Tour of PACE w/Sarah Mija and Linda Spokane. A Program of All-inclusive Care for the Elderly (PACE). Community-based program that provides 24-hour coordinated care for eligible older adults who want to stay in their homes for as long as possible. Located at 38 Larose St., Glens Falls.