



May 2024 programs are in-Person unless otherwise stated. Virtual is available upon request at registration. Email [tgolden@theconklingcenter.org](mailto:tgolden@theconklingcenter.org) or call 518-793-1494 to register.

**Thursday, May 9<sup>th</sup> & Tuesday, May 21<sup>st</sup> 10-11am \*Note the day change due to our Golf Tournament. 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 May 14<sup>th</sup> & 28<sup>th</sup> 10:30-11:00am Core Cardio Zoom** w/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*

**Thursday, May 2<sup>nd</sup> 12-2pm Senior Social at Go Play with Your Food** A board game tavern offering over 725 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/coffee by 4/30.**

**Tuesday, May 7<sup>th</sup> 1-2pm Tour JUST Water** w/Melissa Frank, Operations Manager. Wear good footing with closed-toed shoes for this 50,000 square foot production warehouse facility. We will not make it to all the spaces, but walking we will go! We will be able to view the productions room and visit the loading areas, tanks, piping, and packaging areas. JUST Spring water samples at the end to quench our thirsts!

**Thursday, May 9<sup>th</sup> 1-2pm Fall Prevention** w/Jennifer Haskins of The Pines at Glens Falls and Preferred Therapy. During this presentation, you will be provided with needed facts and statistics about seniors and falls, tips to minimize or prevent falls, a quick assessment to see if you are at high risk and what could happen if a fall were to occur. As well as bringing necessary information to help keep you safe, the team will be bringing goodies to share and will make sure there is plenty of time to ask any questions you may have about fall prevention. Stay safe and see you then!

**Tuesday, May 14<sup>th</sup> 2-3pm Recreational, Economic & Environmental Impact of the Feeder Canal** w/Pattie Simone, Executive Director of the Feeder Canal. Join us and learn about the past and present environmental and economic impact of the historic Feeder Canal as well as a range of fun recreational options. Feeder Canal Executive Director Pattie Simone will also share exciting

updates about planned new amenities and improvement projects along the 9-mile linear park that spans Warren and Washington counties.

**Tuesday, May 21<sup>st</sup> 2-3pm Understanding and Responding to Dementia Related Behavior**

w/Lindsay Stanislowsky of the Alzheimer's Association of Northeast NY. Behaviors can present real challenges for caregivers to manage. Join us to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.

**Thursday, May 30<sup>th</sup> 1-2pm Wiawaka** w/Executive Director, Doreen Kelly. Doreen joins us at The Conkling Center to share the history of Wiawaka Center for Women, and how generations of women relax and recharge on Lake George. Wiawaka holds many workshops, lecture series, health & wellness, art, and culture events. Find out what kind of retreats and unique events Doreen has planned this season!