

LEXINGTON HAPPENINGS



Welcome to "Lexington Happenings," a collection of things to do and see and experience at Lexington!

TUESDAY, APRIL 11, 2017



Isabella Armstrong, who attends Lexington Family Services and receives MSC services, will be performing in American Young Voices with Northville Choir at the Times Union Center on May 30! The choir will arrive in Albany early in the morning, practice throughout the day with choirs from around the state and perform in the evening for paying audience members. Young Voices is an international program that bring together choirs of schoolchildren to sing en masse at elite venues alongside professional musicians. Young Voices has also raised more than \$1 million for children's charities over the past 20 years.

EVENTS THIS WEEK — APRIL 11 TO APRIL 17

Tuesday, April 11 | 5:30—7:30 p.m.

MUSIC THERAPY FOR SCHOOL-AGED CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Lexington Family Services, 43 Harrison Street, Gloversville. *Fun-filled musical activities where music is used within a therapeutic relationship to address physical, emotional, cognitive and social needs. Every Tuesday in April. Ages 3-12 from 5:30 to 6:30 p.m.; ages 13-21 from 6:30 to 7:30 p.m. All are welcome to attend. Please call Family Services at (518) 773-2014 to RSVP. Transportation and respite are provided upon request.*

MANAGERS:

Please post/share this information with your staff.

Does your program have an event/information you'd like listed here?

Please send all information to Megan Balser

(balserm@lexcenter.org)

at least two weeks in advance of the event. For community events in Fulton or Albany Counties, please visit the links below.

COMMUNITY EVENTS

FULTON COUNTY:

fultonmontgomeryny.org
44lakes.com

ALBANY COUNTY:

albany.com/events/
events.timesunion.com

Tuesday, April 11 | 6:00—7:30 p.m.

WEBINAR: WHAT YOU NEED TO KNOW ABOUT ASSISTIVE TECHNOLOGY IN THE IEP | The Center at Lexington, 465 N. Perry Street, Johnstown. *This training will teach parents, grandparents and guardians about appropriate assistive technology (AT) devices and services. Participants will learn how these devices allow students with disabilities to participate in and benefit from the general education curriculum as well as meet their IEP goals. For every student with an IEP, federal and state regulations require that the team considers that student's need for assistive technology devices and services.*

Wednesday, April 12 | 10:30—11:30 a.m.

DAY HAB ANNUAL VOLUNTEER RECOGNITION EVENT | Training Room C, The Center at Lexington, 465 N. Perry Street, Johnstown. *Join us as we recognize the outstanding volunteers in the Day Hab program who gave their time to deserving organizations in the past year. Day Hab participants provide more than 10,000 hours of volunteering every year. Help us roll out the red carpet and recognize our star volunteers!*

Wednesday, April 12 | 6:00—7:00 p.m.

SENSORY SWIM | Gloversville Middle School, 224 Lincoln Street, Gloversville. *This class, instructed by clinicians and designed for children 3-17 years of age with sensory disorders, promotes motor development and sensory processing skills through various aquatic activities. Parent/caregiver participation is required. This is a 12-week program that runs until June 14.*

Thursday, April 13 | 12:00—1:00 p.m.

PUBLIC HEALTH 101 AND WHEN TO GO TO THE ER! | Lexington Family Services, 43 Harrison Street, Gloversville. *Please join Fulton County Public Health as they present on what services public health has to offer. They will also present on what conditions require a trip to the Emergency Room as well as some tips to prevent going to the ER. This session is targeted toward parents and caregivers.*

Thursday, April 13 | 6:00—7:30 p.m.

WEBINAR: LET'S TALK DIPLOMA AND NON-DIPLOMA OPTIONS FOR STUDENTS WITH DISABILITIES | The Center at Lexington, 465 N. Perry Street, Johnstown. *This training, targeted toward parents and caregivers, will provide information about the different types of diplomas available through the public school system. Knowing about these options will help you make sure that the education program your child participates in will lead to an appropriate diploma.*

Friday, April 14 | 2:00—4:00 p.m.

TRUE COLORS: AN AUTISM AWARENESS CELEBRATION | Paul Nigra Center for Creative Arts, 2736 State Highway 30, Gloversville. *See page 12 for more information about this free event that honors Autism Awareness Month.*

EVENTS NEXT WEEK — APRIL 18 TO APRIL 25

Tuesday, April 18 | 5:30—7:30 p.m.

MUSIC THERAPY FOR SCHOOL-AGED CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Lexington Family Services, 43 Harrison Street, Gloversville. *Fun-filled musical activities where music is used within a therapeutic relationship to address physical, emotional, cognitive and social needs. Every Tuesday in April. Ages 3-12 from 5:30 to 6:30 p.m.; ages 13-21 from 6:30 to 7:30 p.m. All are welcome to attend. Please call Family Services at (518) 773-2014 to RSVP. Transportation and respite are provided upon request.*

Friday, April 21 | 6:00—8:00 p.m.

SIB STREET | Lexington Family Services, 43 Harrison Street, Gloversville. *A support group for the siblings ages 8-15 of individuals who are diagnosed with developmental disabilities.*

Saturday, April 22 | 10:00—11:00 a.m.

AUTISM MOVEMENT THERAPY AND CREATIVE MOVEMENT | The Center at Lexington, 465 N. Perry Street, Johnstown. *Autism Movement Therapy and Creative Movement is a movement and music integration strategy combining patterning, visual movement, calculation, audible processing, rhythm and sequencing for a “whole brain” cognitive thinking approach that can significantly improve behavioral, emotional, academic, social, speech and language skills. This session will be targeted toward individuals ages 5-18 and their parents and caregivers. Parent participation is required. Come dressed to move and have fun!*

Tuesday, April 25 | 12:00—1:30 p.m.

ASK THE ADVOCATE | Lexington Family Services, 43 Harrison Street, Gloversville. *These are 15-minute phone appointments with Tina Beauparlant, an education specialist at Parent to Parent of NYS. Do you have any questions related to the IEP process? Do you know how to request information about your child/student? Do you understand your role at a CSE meeting? Do you know how to discuss your child’s needs at a CSE meeting? If you are the parent, grandparent, caregiver, family member or Medicaid service coordinator of a child with differences, this is an opportunity to get the answers to all the above questions and more. Call Family Services at (518) 773-2014 to make an appointment.*

Tuesday, April 25 | 5:30—7:30 p.m.

MUSIC THERAPY FOR SCHOOL-AGED CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Lexington Family Services, 43 Harrison Street, Gloversville. *Fun-filled musical activities where music is used within a therapeutic relationship to address physical, emotional, cognitive and social needs. Every Tuesday in April. Ages 3-12 from 5:30 to 6:30 p.m.; ages 13-21 from 6:30 to 7:30 p.m. All are welcome to attend. Please call Family Services at (518) 773-2014 to RSVP. Transportation and respite are provided upon request.*

LET’S GET ORGANIZED!

If you know a young adult who has trouble with staying organized, getting things done on time, handling papers or homework, and overall doing tasks that require “executive functioning,” we have a solution.

Starting April 25, we are presenting Let’s Get Organized!, a series of classes aimed at improving these skills for youth with learning differences

The curriculum is based on “Seeing My Time — Visual Tools for Executive Functioning Success”® by Marydee Sklar. Classes will cover the topics of self-assessment, organization, time management, handling papers and using a planner.

WHERE

Transitions
2736 State Highway 30
Mayfield, NY 12117

WHEN

April 25, May 2 and
May 9
5:00—6:30 p.m.

CLASSES ARE TAUGHT BY:

Certified “Seeing
My Time”®
instructors Erin
Hollenbeck and
Heidi West

TO REGISTER FOR THE COURSE AND FOR MORE INFORMATION, PLEASE CONTACT:

Terry Williams
Transitions Admissions Coordinator
(518) 775-5384
admissions@transitionsusa.org

WHO

Teens and young adults
ages 15-20

COST

\$49 for the three
classes

MARCH 2017 DIRECT SUPPORT STAFF RECOGNITION

If you know of a staff who consistently shows a solid understanding of Personal Outcome Measures and ensures that each person we support as well as their staff and families are treated respectfully, then please nominate them for recognition! A different POM will be recognized each month, and each month at meetings an employee will be recognized for their commitment to ensuring the featured POM is met. The honorees will be recognized in Lexington Happenings. If you are a manager who would like to honor one of your staff, please submit their name, a photo and a description of why they are being recognized to your AD!

NAME: Tereza VanOlst

PROGRAM: Keyser Lake

POM: Respect

Tereza is a champion of ensuring that the people she works with are treated with the utmost respect. She is a true leader who role models how people should be treated every day when working with the people at Keyser Lake. She is a strong advocate and gives with all her heart. Her personal belief in how people should be treated and supported not only makes her a standout DSP, but also forms the foundation of her relationships with her coworkers. The respect they have for her and the work that she does is apparent. Thank you, Tereza, for making a difference and setting the bar high!

EMPLOYEE ANNIVERSARIES (10+ years)

APRIL 11 TO APRIL 25 | Congratulations!

Robert Dugan, Maintenance, 4/16, 10 years

Sally Gurga, Residential, 4/24, 30 years

CELEBRATING ABILITIES

Do you want to recognize someone who receives services at Lexington for the goals and successes they have achieved during the last year? If so, please nominate him or her for Celebrating Abilities!

Celebrating the Abilities of the People We Support gives you the opportunity to recognize the personal success of someone in the Lexington family. If you would like to nominate someone, please contact Terry Williams at williat@lexcenter.org to receive a nomination form. Nominations are due to Terry at the Gloversville Day Hab building by **April 17**.

Those nominated will be invited to a special recognition event on April 24 at 10:00 a.m. We request that you also share their stories during the April 27 Nurturing Environment Program meeting in Johnstown.

CONGRATULATIONS

Congratulations to Courtney Ryan for winning the wellness basket raffled off by Home Base in honor of Brain Injury Awareness Month! The winner was drawn on Friday, March 31, and the proceeds raised through raffle tickets were donated to the Brain Injury Association of New York State.

Thank you for helping us increase awareness of brain injuries!

EARN A BONUS FOR RECOMMENDING EMPLOYEES!



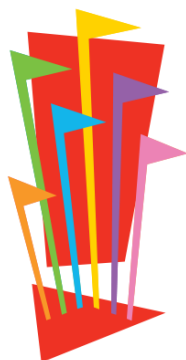
Are you planning a vacation in the summer? Need extra money for a house project? Lexington can help with your expenses and you can help Lexington by referring qualified candidates. If we hire a person you referred, you could earn up to a \$500 bonus. Employees of Lexington have been doing a great job referring people to work with us and we appreciate it! Please remember, there is no limit to how much you can earn by referring good candidates that we hire.

For our employees with kids in college, it's not too early for them to start thinking about summer employment. Summer break is a great time for college students to earn money for school by becoming a Lexington employee. The time to apply is now, so they can be considered for the next available training session once the semester ends!

Give an application to a friend or family member today, or have them apply online. Just make sure they list your name on the application as the referral source. Apply online at www.lexingtoncenter.org!

AUCTION OF SURPLUS VEHICLES AND SMALL EQUIPMENT

Lexington will once again be holding a public auction to dispose of our surplus vehicles and small equipment. The auction will take place at 465 N. Perry Street on **Tuesday, May 2**. The preview begins at 10:00 a.m. and the auction begins at 11:00 a.m. Buyers can pay in cash, check or credit cards. There is a 13% buyer's premium with a 3% discount for cash or check payment. County Line Auction will provide auctioneer services as this event. Visit their website at www.countylineauctions.com or www.auctionzip.com for a detailed listing of the items included in the sale.



2017 GREAT ESCAPE/SIX FLAGS SEASON PASSES AVAILABLE

Lexington is pleased to offer season passes for The Great Escape/Six Flags theme parks at discounted rates. These tickets are available to employees and their friends and families along with the people we support. A season pass allows you unlimited visits to any of the Six Flags theme parks on regular operating days during the 2017 season. This is a Gold Pass, so holders will also receive free parking good for all of the 2017 season at any of the Six Flags locations.

The cost for a 2017 Season Pass is \$66 each, payable by cash or personal check. The passes will be available for purchase at the Human Resources Department, located in the Gloversville Day Hab.

BJ'S WHOLESALE CLUB DISCOUNT MEMBERSHIP OPPORTUNITY



Lexington is pleased to announce that BJ's Wholesale Club is offering our employees a discount membership rate!

Get \$15 off the regular \$50 annual membership fee when you sign up through Lexington! Your cost will be \$35 + tax = \$37.80 for a one-year membership. You will also get a free second membership card for another household member and an extra one month free.

That's 13 months for less than the cost of a regular 12-month membership! All renewals will have 13 months added onto their BJ's membership from their current expiration date.

A BJ's Club representative will be available to sign employees up for memberships on **Friday, April 21**, at the Bishop Burke cafeteria 9:00—11:45 a.m. and at the 465 N. Perry Street conference room from 12:15—1:00 p.m. If you are unable to attend one of these sessions, you can obtain a membership application by calling Bridgett Nestor in Human Resources at (518) 775-5411 from **April 21—May 5**.

WELLNESS TOGETHER

DANCE AEROBICS



Come and have fun dancing your way into shape! This is Latin-based dance aerobics, a fun way to get in shape and stay in shape. This program accommodates all fitness levels. Bring a hand towel, water and a smile! You do not need to attend for the full hour. Eligible employees that attend will be awarded 10 Wellness Rewards points. Register today by logging on to your Lexington Wellness Website at

lexingtonwellness.bepurewellness.com and going to “Events” or by calling Michelle Peryea at (518) 775-5420.

DATES, TIMES & LOCATIONS

Tuesday, April 18 | 4:30—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

Tuesday, April 25 | 4:30—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

WELLNESS WALK



Walking is great exercise! It helps refocus our thoughts and reduces stress. We will walk outside if the weather permits. Bring a co-worker or someone you enjoy spending time with, as well as appropriate shoes and water. Register today by calling Michelle Peryea at (518) 775-5420 or logging into your Lexington Wellness Website at lexingtonwellness.bepurewellness.com and going to “Events.”

DATES, TIMES & LOCATIONS

Tuesday, April 11 | 3:30—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

Wednesday, April 12 | 7:30—8:00 a.m. | Gym, 127 E. State Street, Gloversville

Wednesday, April 19 | 7:30—8:00 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

Friday, April 21 | 12:00—12:30 p.m. | Gym, 127 E. State Street, Gloversville

Monday, April 24 | 3:30—4:00 p.m. | Gym, 127 E. State Street, Gloversville

Tuesday, April 25 | 3:30—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

LIFEPOINTS WELLNESS INCENTIVE AND CAFEWELL PROGRAM OVERVIEW



There have been changes to the 2017 Lifepoints Incentive Program as well as Cafewell, which is hosted on the CDPHP website. Attend this program to learn about a new way to earn Lifepoints by registering for a program on Cafewell. If you are unfamiliar with this incentive program, we will complete an overview showing you how easy it is to earn Lifepoints in 2017 equal to up to \$365 in retailer gift cards. This program is open to employees enrolled in Lexington’s Medical Plan. Register by logging into your Lexington Wellness Website at

lexingtonwellness.bepurewellness.com and going to “Events” or by calling Michelle Peryea at (518) 775-5420. Space is limited! This class will be offered four times each month at various locations.

DATES, TIMES & LOCATIONS

Friday, April 14 | 12:30—1:00 p.m. | Conference Room, 405 County Highway 114, St. Johnsville

Tuesday, April 18 | 3:30—4:00 p.m. | Large Conference Room, 127 E. State Street, Gloversville

HEALTHY BACK AND CORE — HOSTED BY CDPHP



Join us to learn and practice essential stretching and strengthening exercises to balance core muscles and optimize back health. CDPHP members can earn up to 10 Lifepoints for attending. Members should bring their insurance cards. Participants should wear comfortable footwear and clothing. Space is limited. You must register to attend by contacting Michelle Peryea at (518) 775-5420 or peryeam@lexcenter.org.

DATES, TIMES & LOCATIONS

Wednesday, March 29 | 8:00—8:30 a.m. | Large Conference Room, 127 E. State Street, Gloversville

Friday, March 31 | 12:00—12:30 p.m. | Large Conference Room, 465 N. Perry Street, Johnstown

***Prior to attending any program, please ensure you have received approval from your medical practitioner. Eligible employees who attend these programs earn credit qualifying them for the “Make Prevention a Priority: Attend a Free Lexington Wellness on-site class” Bingo square.*

COUCH TO 5K TRAINING PROGRAM SCHEDULE

Join a Couch to 5K training group to stay on track to reaching your 5K Fun Run & Walk Challenge goal! Your coach will host a group meeting once a week until **Sunday, June 12**. Choose the session that best works with your schedule and ability and attend as many meetings as you need to reach the goal. During the first meeting, you will meet your coach and receive training tips, a flexible beginner training schedule and information about weekly meetings. Be prepared to start training on the first day!

ACTIVITY LEVEL	DAY	TIME	LOCATION	COACH
Walk	Tuesday	11:00 a.m.	Gymnasium 127 E. State Street, Gloversville	Fran Schneider
Run/Run-Walk	Tuesday	12:00 p.m.	Training Center Lobby 465 N. Perry Street, Johnstown	Toni Persch Tres Nolett
Walk Mostly/Some Running	Wednesday	4:30 p.m.	Training Center Lobby 465 N. Perry Street, Johnstown	Ned Hirt
Walk/Run-Walk/Run	Thursday	4:00 p.m.	Gymnasium 127 E. State Street, Gloversville	Rene Dutcher Michelle Peryea
Walk/Run-Walk/Run	Tuesday Saturday	3:30 p.m. 8:00 a.m.	20 Helmer Avenue Dolgeville	Jen More Erica or Rich Fahd

If you are an Albany employee interested in a training session, please contact Jim Yanno at (518) 218-7310 ext. 306. If you have not participated in a regular exercise routine before, check with your doctor before training. If it is unreasonably difficult for you to meet the requirements of the Challenge because of a medical condition, contact Michelle Peryea at (518) 775-5420 or peryeam@lexcenter.org and she will work with you to develop another way for you to qualify for these prizes.

FREE BIOMETRICS SCREENINGS

Lexington has partnered with CDPHP® and St. Peter’s Hospital Cardiac and Vascular Center to offer free on-site biometric screenings to employees and spouses enrolled in Lexington’s Medical Plan. The screenings include blood pressure, body composition with body fat percentage, BMI, cholesterol levels and glucose levels. They can help identify various health issues and allow you to work with your physician to lower your risks for certain conditions. You must sign up in advance by contacting the appropriate point person for the clinic you want to attend.

LOCATION	DATE	TIME	REGISTRATION	CONTACT	PHONE
St. Johnsville-Oppenheim Multi-purpose Room 405 County Highway 114	April 25	7:30 a.m.—12 p.m.	April 17	Donna Steenburgh Vicki Scheuerman	(518) 568-3102
Guilderland Conference Room 2301 Western Avenue	April 28	11 a.m.—1 p.m.	April 20	Diane Bellamy	(518) 218-7310 ext. 301



DON'T WAIT TO GET YOUR WELLNESS REQUIREMENTS DONE!

Schedule an appointment with Rene Dutcher at 518-775-5429 on Wednesdays and Fridays or Bridgett Nestor at 518-775-5422 on Tuesdays and Thursdays to receive help in completing your requirements!

2017 CDPHP WORKFORCE TEAM CHALLENGE

The 2017 CDPHP® Workforce Team Challenge, a 3.5 mile run/walk held at the Empire State Plaza in Albany, is scheduled for Thursday, May 18, at 6:25 p.m. We are once again putting together a Lexington team. Last year we had 20 participants and we would love to have an even larger team this year!

Those who have participated in this event in the past already know how much fun it is! Training for the Challenge is a great way to get in shape for the summer, and nothing beats running or walking in Albany with 10,000 of your closest friends! If you're concerned about training and feel you need support, Lexington Wellness will be offering a Couch to 5K Training Program starting the week of March 20. We are even having a 5K Fun Run and Walk Employee Challenge, where one of the goals is to complete a 5K! Participating in the 2017 CDPHP® Workforce Team Challenge will qualify you for that goal.

Our Lexington team will be broken down into co-ed and gender specific teams. When the race is over, we'll see how we did compared with all of the other corporations. We have done very well in past years! We try to carpool to the event, so if you are worried about getting there don't let this stop you. We will do our best to help.

If you'd like to join the Lexington team or have any questions, please email Toni Persch at perscht@lexcenter.org or call (518) 736-4131.

TO REGISTER FOR THE RACE:

1. Visit the event website, www.cdphpwtc.com.
2. Click on "Registration Info."
3. Click "Register" and select "Lexington Center."

Registration closed out last year and people were unable to participate, so do not wait until the last minute to sign up. It will fill up.

We hope to see you there!

SPECIAL NOTES:

- Employees enrolled in Lexington's Medical Plan who complete this Challenge can report it on their CDPHP Lifepoints account to earn 10 Lifepoints.
- Participation will help you complete the goal for the 5K Fun Run and Walk Employee Challenge.
- The second quarter Make Prevention a Priority Bingo card will have a square that you can fulfill by participating in this event.

GLOVE CITIES ROTARY ~ MOUNTAIN VALLEY HOSPICE ~ LEXINGTON

Three great regional organizations that care for and support people of all ages in our communities, have joined forces to multiply their impact.

With your help, we can do even more!



Glove Cities Rotary
"Run For The Roses" 5K
May 6, 2017

Mountain Valley
Hospice 5K
May 21, 2017

Lexington 5K
June 10, 2017

2017 NYS BUTT STOPS HERE SMOKING CESSATION CLASS SCHEDULE

Lexington's 2017 Wellness Premium Savings program includes a Tobacco-Free Requirement, so to support employees to fulfill this requirement, we will continue to offer the previous options for completing it as well as a third option: the NYS Butt Stops Here Smoking Cessation Class.

This class is a free seven-week program that you attend at a Lexington site. These 30-minute classes are open to anyone at Lexington who wants to try to quit smoking. The program is designed to help you identify your triggers, provide you with tools to quit smoking and give you the support of others trying to reach the same goal. This program is also open to family members of employees who wish to quit smoking.

You must attend class at least five of the seven weeks listed for the session to earn credit for the Tobacco-Free Requirement. Space is limited! Please contact Michelle Peryea at (518) 775-5420 or peryeam@lexcenter.org to register for a session or get more information. If these classes do not fit into a schedule that would work for you or your family member, please contact Michelle and she will attempt to accommodate your needs.

LARGE CONFERENCE ROOM 127 E. STATE STREET, GLOVERSVILLE		LARGE CONFERENCE ROOM 465. N. PERRY STREET, JOHNSTOWN	
SESSION 2 Mondays 3:30—4 p.m.		SESSION 4 Thursdays 3:30—4 p.m.	
September 25		October 26	
October 2		November 2	
October 9		November 9	
October 16		November 16	
October 23		November 30	
October 30		December 7	
November 6		December 14	

CAFETERIA 405 COUNTY HIGHWAY 114 ST. JOHNSVILLE	DINING AREA BACON BROOK OPPENHEIM	LARGE CONFERENCE ROOM 2301 WESTERN AVENUE GUILDERLAND
SESSION 6 Tuesdays 7—7:30 a.m.	SESSION 7 Wednesdays 12—12:30 p.m.	SESSION 9 Fridays 11—11:30 a.m.
August 1	October 18	August 25
August 8	October 25	September 1
August 15	November 1	September 8
August 22	November 15	September 15
August 29	November 29	September 22
September 5	December 6	September 29
September 12	December 13	October 6

CLASSES AND EVENTS AT THE PAUL NIGRA CENTER FOR CREATIVE ARTS

All Lexington employees get a 10% discount on classes at the Paul Nigra Center for Creative Arts! Just enter the code **LEXEMPLOYEE** at checkout to redeem. Lexington employees are also welcome to use the \$25 gift certificates issued to them at the holidays for free classes. To redeem these certificates and sign up for the free classes, call (518) 661-9932. These certificates cannot be redeemed online. Be ready to provide the number on the back of the certificate and bring the certificate to the class when you attend.

The center is located at 2736 State Highway 30 in Gloversville. For more information on the classes and events offered, visit www.pncreativeartscenter.org or call (518) 661-9932.



Paul Nigra Center
for Creative Arts

Thursday, April 13 | 10:00—11:30 a.m.



EASTER PINE CONE WREATH. *Think spring! Join instructor Beth Spraggs as she helps you create your own natural pine cone wreath. Lovely pastel spring colors of blue, yellow, pink, aqua, green, purple and peach are guaranteed to brighten any door or room. No art experience necessary! This beginner-level class is open to all. Special accommodations are available. The cost is \$25 for those who pre-register or \$35 for walk-ins. [Click here to register online.](#)*

Monday, April 17 | 10:00 a.m.—12:00 p.m.



MAKEOVER MONDAY. *On Makeover Monday, instructor Kate Schwan will teach you tips and tricks to bring out your natural beauty! She will help you identify your skin tone and teach you the best application techniques. Bring your friends, as this beauty bash will help empower women. When you look good, you feel good! This class is open to all and is beginner level. Special accommodations are available. The cost is \$5. [Click here to register online.](#)*

Friday, April 21 | 9:00—11:00 a.m.



SCHOOL BREAK KID ART: SHAVING CREAM GREETING CARDS! *Kids, get ready to get messy while creating really cool shaving cream greeting cards! Instructor Beth Spraggs will walk children ages 5+ through the process. They'll use shaving cream, food coloring and stencils to make three colorful and creative greeting cards they can bring home. The cost is \$10 for those who pre-register or \$15 for walk-ins. [Click here to register online.](#)*

Saturday, April 22 | 9:00—11:00 a.m.



SATURDAY KID ART: WISH JARS! *Children ages 5 and up are welcome to join instructor Beth Spraggs as she shows them how to make their very own wish jars! Kids will write wishes down on paper and then place them inside the jars. The jars will be decoupaged with colored tissue paper to make them look like stained glass. Their "magical powers" can help wishes come true! The cost is \$25 for those who pre-register or \$35 for walk-ins. [Click here to register online.](#)*

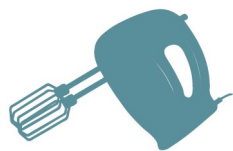
Monday, April 24 | 9:30—10:30 a.m.



RESTORATIVE YOGA. *Treat yourself to gentle yoga postures that provide deep relaxation to rejuvenate your mind, body and spirit. This groundbreaking one-hour session reduces anxiety and stress in a world of constant overwork and overstimulation. Using a variety of relaxation techniques including guided imagery, meditation, reiki, aromatherapy and breath awareness, this class will help you melt into a state of deep calm designed to bring balance back into your life. Restorative yoga can help reverse the effects of chronic*

stress and generate feelings of wellbeing. It is recommended for those who are exhausted, anxious and eager to learn powerful tools for managing the rigors of modern life. Please join us on this inward journey toward renewing, restoring and healing. The cost is \$15 for a single class or \$50 for a four-class pack. [Click here to register online for the April 24 class](#) or [here to register for all four Monday Restorative Yoga classes](#).

Wednesday, April 26 | 6:00—8:00 p.m.



TEMPTING TOMATO TART. Cook like a gourmet chef with instructor Nita Preddice's wonderful guidance. She will walk you through every step of the way as you make tomato tart and shaved beef with homemade chimichurri sauce. Bring your appetite, because you'll get to sample your creation! The cost is \$25 for those who pre-register or \$30 for walk-ins. [Click here to register online](#).

Wednesday, April 26 | 6:30—7:30 p.m.



RESTORATIVE YOGA. Treat yourself to gentle yoga postures that provide deep relaxation to rejuvenate your mind, body and spirit. This groundbreaking one-hour session reduces anxiety and stress in a world of constant overwork and overstimulation. Using a variety of relaxation techniques including guided imagery, meditation, reiki, aromatherapy and breath awareness, this class will help you melt into a state of deep calm designed to bring balance back into your life. Restorative yoga can help reverse the effects of chronic stress and generate feelings of wellbeing. It is recommended for those who are exhausted, anxious and eager to learn powerful tools for managing the rigors of modern life. Please join us on this inward journey toward renewing, restoring and healing. The cost is \$15 for a single class or \$50 for a four-class pack. [Click here to register online for the April 26 class](#) or [here to register for all four Wednesday Restorative Yoga classes](#).

MUSICIANS OF MA'ALWYCK CONCERT



The Musicians of Ma'alwyck will perform at concert at the Nigra Arts Center on **Friday, April 14, 7:00—8:30 p.m.** Tickets cost \$10 and are available at the door or online. [Click here to buy tickets](#).

Musicians of Ma'alwyck is a flexible-size chamber ensemble that specializes in music performed in America during the 18th and 19th centuries.

The ensemble includes Ann-Marie Barker Schwartz, violinist; Sten Isachsen, guitarist; and Norman Thibodeau, flutist.

SPRING BREAK ESCAPE CAMP

We want to help your kids take advantage of spring fever! This three-day camp will feature outside fun (weather permitting), music, dance, cooking and plenty of chances to create with beautiful projects the children will bring home. Campers should bring their own lunch, snack and water bottle each day. Refrigeration is available.



DATE

April 18—20

TIME

9:00 a.m.—3:00p.m.

COST

\$130 pre-registration
\$150 at door

AGES

6-12

REGISTRATION

[Click here!](#)

EASTER FAMILY FUN DAY!



The Paul Nigra Center for Creative Arts will host Easter Bunny Family Fun Day on **Saturday, April 15**, from noon until 3 p.m. Children of all ages are welcome to come enjoy an Easter egg hunt, a Bunny Hop dance and a raffle for a giant chocolate bunny donated by EMVI Chocolate.

Admission is \$5 per person. For an additional \$5, participants can enter the Easter Bonnet Contest. Those interested should bring a hat and the Nigra Arts Center will provide all other materials necessary.

This event is sponsored by Fidelis Care, a provider of health insurance coverage to New York State residents of all ages. For more information, visit www.fideliscare.org.

True Colors: An Autism Awareness Celebration

Friday, April 14 | 2-4PM | FREE



April is Autism Awareness Month and the Nigra Arts Center has big plans! Join us Friday, April 14, for True Colors: An Autism Awareness Celebration. Explore how the arts—painting, cooking, theater, photography, music, dance and more—benefit people with autism every day. Representatives from [Transitions](#) will be on hand to share how this premier apprenticeship program is helping young adults with autism spectrum disorders and other learning differences live independent and fulfilling lives.

Live entertainment will be provided by [Flame](#). This event is open to children and adults of all ages. Admission is free!

CONTACT INFORMATION

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