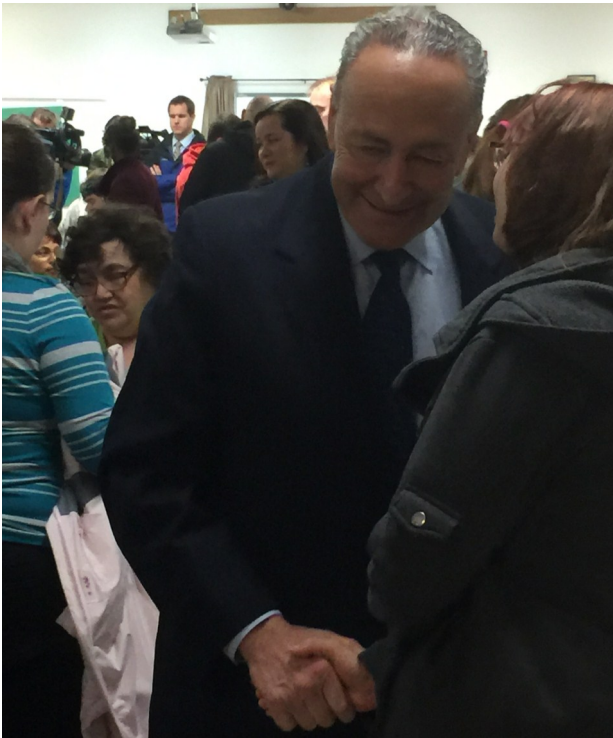


LEXINGTON HAPPENINGS



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

TUESDAY, APRIL 12 , 2016



On March 30, several staff and Lexington Self-Advocates traveled to the Wildwood School in Schenectady for a press conference in which United States Senator Charles Schumer, D-NY, spoke about his new bill, The Disability Integration Act of 2015. This bill, if passed, will help individuals with disabilities live more independently by providing necessary at-home and community-based services and supports. Lexington Self-Advocate Grace Rhodes is pictured on the left meeting Senator Schumer!

EVENTS THIS WEEK — APRIL 12 TO APRIL 18

Tuesday, April 12 | 5:30—7:30 p.m.

MUSIC THERAPY FOR SCHOOL-AGE 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.

Wednesday, April 13 | 6:00—7:00 p.m.

SENSORY SWIM FOR CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Gloversville Middle School, 224 Lincoln Street, Gloversville. Sensory Swim offers children with autism and sensory processing difficulties the opportunity to work

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

with trained therapists and other children to promote motor development and sensory processing skills through various aquatic activities. Socialization skills will be addressed by various group activities including sing-alongs and games. This program serves children 3-17 years old who have an autism spectrum disorder or other sensory processing issues. The 12-week program will be held each Wednesday from March 9 to May 25. Parent/caregiver participation is required. RESERVATIONS ARE REQUIRED and are limited to 12 children per class/session. Please call Family Services at (518) 773-2014 to RSVP.

Wednesday, April 13 | 5:00—7:00 p.m.

SEMINAR — PEER RELATIONSHIPS & SOCIAL DEVELOPMENT | The Center at Lexington, 465 N. Perry Street, Johnstown. *Victoria Morrison, SLP-CCC, will present on understanding social development and communication across the lifespan of individuals with autism related diagnoses. This seminar is for parent, caregivers and professionals. A light meal will be provided.*

Thursday, April 14 | 11:30 a.m.

CELEBRATING ABILITIES SPECIAL RECOGNITION EVENT | Training Center, 465 N. Perry Street, Johnstown. *This is an invitation-only event dedicated to recognizing the achievements of people we support. About 100 nominees have received a personal invitation card. Each nominee may invite members of his/her family or a friend and one staff member to share this recognition with. The manager of the program that nominated the person may also attend.*

Sunday, April 17 | 1:00—4:00 p.m.

AUTISM FAMILY FUN DAY: ROCK THE SPECTRUM | The Center at Lexington, 465 N. Perry Street, Johnstown. *This day is devoted to bringing fun and activities to individuals on the autism spectrum. There will be sensory activities, autism movement therapy, face painting, crafts, games and more. This is open to children with any diagnosis as well as their parents, caregivers, siblings and professionals. All are welcome to attend.*

EVENTS NEXT WEEK — APRIL 19 TO APRIL 25

Tuesday, April 19 | 12:00—2:00 p.m.

ASK THE ADVOCATE | The Center at Lexington, 465 N. Perry Street, Johnstown. *On April 19, Tina Beauparlant, an education specialist of Parent to Parent of NYS, is offering individual 30-minute appointments to parents and caregivers with questions about special education services. Do you understand your rights as related to special education services? Do you have questions, but don't know who to ask? Do you know how to request information about your child's IEP or education? Do you understand the role of the parent at a CSE meeting? Do you have questions about how to communicate with your child's teachers and administrators? If you answered yes to any of these questions, then call Family Services at (518) 773-2014 to schedule your appointment!*

Tuesday, April 19 | 5:30—7:30 p.m.

MUSIC THERAPY FOR SCHOOL-AGE 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.*

Wednesday, April 20 | 6:00—7:00 p.m.

SENSORY SWIM FOR CHILDREN DIAGNOSED ON THE AUTISM SPECTRUM | Gloversville Middle School, 224 Lincoln

Street, Gloversville. *Sensory Swim offers children with autism and sensory processing difficulties the opportunity to work with trained therapists and other children to promote motor development and sensory processing skills through various aquatic activities. Socialization skills will be addressed by various group activities including sing-alongs and games. This program serves children 3-17 years old who have an autism spectrum disorder or other sensory processing issues. The 12-week program will be held each Wednesday from March 9 to May 25. Parent/caregiver participation is required. RESERVATIONS ARE REQUIRED and are limited to 12 children per class/session. Please call Family Services at (518) 773-2014 to RSVP.*

Friday, April 22 | 6:00—8:00 p.m.

SIB STREET, SIBLING SUPPORT GROUP | Lexington Family Services, 43 Harrison Street, Gloversville. *A support group for the siblings (ages 8-15) of individuals who have been diagnosed with developmental disabilities.*

LEARNING ABOUT RESOURCES, GAINING EMPLOYMENT (L.A.R.G.E)

Below are the dates and times for the Student Transitional Education Program (STEP)'s series of career classes for individuals who are employed and want to enhance their skills or who are interested in getting a job and want to build their skills. If you are employed, receive supported employment services or want to be employed, you are welcome to attend any session. Please call STEP at (518) 736-4169 to RSVP.

Tuesday, April 12, 19 and 26 | 9:00—10:00 a.m.

BECOMING THE BEST ME! | STEP, 492 N. Perry Street, Johnstown. *Nobody becomes great in a day. To become the best you in life, you need to start now. This class will focus on how to develop character, education and life skills for your career and future. Some topics addressed include communication, teamwork, honesty, responsibility, diversity and leadership. This class meets every Tuesday in April.*

Thursday, April 14 and 21 | 10:00—11:00 a.m.

RESPECT — IT'S ALL UP TO US! | STEP, 492 N. Perry Street, Johnstown. *Join this class to learn how to best give respect to others and what you should expect in return. Respect is essential in the workplace. This class meets every Thursday in April.*

Friday, April 15 and 22 | 8:00—9:00 a.m.

CAREER COACHING FOR THE WORKPLACE | The Center at Lexington, 465 N. Perry Street, Johnstown. *In school, students receive grades for math, English, science and social studies, but most likely not for dealing with difficult situations, showing compassion or solving an unexpected problem. In the workplace, these skills are a necessity. Come to these coaching sessions to network with others who also want to improve these skills, with the support of employment specialists from Employment Resources. This session meets every Friday in April and will be held in the old CDT space at 465 N. Perry Street.*

Monday, April 18 and 25 | 9:00—10:00 a.m.

ACTIVE LISTENING — LEARN HOW TO DO IT WELL! | STEP, 492 N. Perry Street, Johnstown. *Attend this class to learn how to better hear what other people are saying as well as to learn how to better get your own point across. This class meets every Monday in April.*

Monday, April 18 and 25 | 10:00—11:00 a.m.

RETAIL 101 | STEP, 492 N. Perry Street, Johnstown. *Retail is the process of selling consumer goods and/or services to customers to earn a profit. Join this class to learn about getting a job in retail and what it takes to be successful in this field! This class meets every Monday in April.*

Tuesday, April 26 | 10:00—11:00 a.m.

THE ROAD TO EMPLOYMENT | The Center at Lexington, 465 N. Perry Street, Johnstown. *Please join the Employment Resources team to hear about where to start on the road to employment, or where to turn next if you are already involved in the road to employment. This class will meet in the Training Center, Classroom B, at 465 N. Perry Street in Johnstown.*

“LET’S GET SOCIAL!” CLASSES FOR YOUNG ADULTS

If you or a young adult you know regularly has trouble coping with social situations, we have a solution. This spring, we are presenting Let’s Get Social!, a series of classes aimed at helping young people succeed socially.

The social skills classes will be held for three weeks in May. Topics will vary each month and will include social skills that are critical to a young person’s social survival and ability to form and maintain relationships in all aspects of life. Examples of topics that will be covered are social skills in the classroom, emotional regulation, handling and avoiding bullying, building self-esteem and social media survival skills. The classes will also build in lessons that pair well with events happening in the students’ lives, such as test-taking anxiety or seasonally based skills.

The classes will be taught by certified social skills instructors Mary Kaye Ormiston, speech-language therapist and behaviorist, and Victoria Morrison, speech-language pathologist. Additional information about these classes and other social skills classes can be found at www.transitionsusa.org.

WHEN	WHO CAN SIGN UP?	CLASS FEES	LOCATION	REGISTRATION AND MORE INFORMATION
<ul style="list-style-type: none">May 3, 10, 175:00—5:45 p.m.	<ul style="list-style-type: none">Group A: Ages 11-14Group B: Ages 15-18	\$49 for all three weeks	Transitions 2736 State Highway 30 Gloversville, NY 12078	Terry Williams (518) 775-5384 admissions@transitionsusa.org

AUTISM FAMILY FUN DAY!

On Sunday, April 17, from 1 to 4 p.m., Lexington will host Autism Family Fun Day: Rock the Spectrum! The event will take place at 465 N. Perry Street in Johnstown. Children with diagnoses of all kinds and their families are welcome to attend this day of fun and networking with professionals and likeminded people!

DID YOU KNOW?

- Autism now affects 1 in 68 children and 1 in 42 boys.
- Autism prevalence figures are growing.
- Autism is one of the fastest-growing disorders in the United States.
- Autism costs the average family \$60,000 a year.
- Boys are nearly five times more likely than girls to have autism.
- There is no medical detection or cure for autism .

ACTIVITIES WILL INCLUDE:

- Autism movement therapy
- Sensory activities
- Face painting
- A bounce house
- Networking
- Games and crafts
- Music
- Snacks
- AND MORE!

NATIONAL BRAIN INJURY AWARENESS MONTH RAFFLE WINNER

Tami White was the winner of the health and wellness basket that was raffled off in March to raise awareness of Brain Injury Awareness Month. Congratulations!

WELLNESS TOGETHER

DANCE AEROBICS



Come and have fun dancing your way into shape! No experience needed. 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 Rene Dutcher at (518) 775-5429.

DATES, TIMES & LOCATIONS

Tuesday, April 19 | 4:30—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

Tuesday, April 26 | 4:30—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

WELLNESS WALK



Walking is great exercise. It helps refocus our thoughts and reduce stress. Bring a co-worker or someone you enjoy spending time with. Please be sure to wear appropriate shoes and bring water to drink. If the weather permits, we will walk outside. 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 Rene Dutcher at (518) 775-5429.

DATES, TIMES & LOCATIONS

Thursday, April 14 | 3:30—4:00 p.m. | Reception Area, 405 Co. Highway 114, St. Johnsville

Wednesday, April 20 | 3:30—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

Thursday, April 21 | 7:30—8:00 a.m. | Gymnasium, 127 E. State Street, Gloversville

LIFEPOINTS WELLNESS INCENTIVE PROGRAM OVERVIEW



Did you know that you can earn your first 50 Lifepoints, equal to \$50 in gift cards through www.cdphp.com, just by completing your CDPHP Personal Health Assessment? Attend this program to learn how easy it is to earn Lifepoints equal to \$365 in retailer gift cards during 2016. Space is limited. This program is for employees enrolled in Lexington’s Medical Plan and classes will be offered four times per month. The sooner you get started, the better chance you will have of earning the full \$365 in gift cards this year. Register for this program today by logging on to your Lexington Wellness Website at lexingtonwellness.bepurewellness.com and going to “Events” or by calling Rene Dutcher at (518) 775-5429.

DATES, TIMES & LOCATIONS

Tuesday, April 19 | 7:30—8:00 a.m. | Large Conference Room, 465 N. Perry Street, Johnstown

Tuesday, April 19 | 3:30—4:00 p.m. | Large Conference Room, 405 Co. Highway 114, St. Johnsville

Friday, April 22 | 7:30—8:00 a.m. | Large Conference Room, 127 E. State Street, Gloversville

***Prior to attending any exercise class or program, please ensure you have received approval from your medical practitioner.*



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 assistance in completing your requirements!

5K TRIPLE CROWN RACE

It's time to sign up for the 5K Triple Crown! Sponsored by St. Mary's Healthcare, this event represents Lexington, Glove Cities Rotary and Mountain Valley Hospice coming together with support from the Fulton-Montgomery Chamber of Commerce to host three 5k races. Each race will follow a different route and winners will be awarded cash prizes and medals. All registered by **April 22** will receive a shirt and goody bag. Each entrant is automatically entered to receive prizes such as gift certificates, runner's gear, day trips and activities. The deadline for online entry is **May 5**. The cost is \$50 for all three races if registered by May 1 or \$60 for all three if registered between May 2 and May 7. Register online at 5ktriplecrown.racewire.com. For more information, visit facebook.com/5ktriplecrown or contact race coordinator Jessica Smrtic at (518) 770-7584 or smrticj@smha.org.

Glove Cities Rotary "Run for the Roses"

May 7, 2016

7:30 a.m. registration / 9 a.m. run

Partner's Pub, 21 S. William Street,
Johnstown

Mountain Valley Hospice

May 22, 2016

8 a.m. registration / 9 a.m. run

FMCC campus, 2805 State
Highway 67, Johnstown

Lexington

June 11, 2016

8 a.m. registration / 9 a.m. run

Lexington Center, 465 N. Perry Street,
Johnstown.

ANNOUNCING THE 2016 CDPHP® WORKFORCE TEAM CHALLENGE

It's time to start preparing for the CDPHP® Workforce Team Challenge! The Challenge is a 3.5 mile run/walk held at the Empire State Plaza in Albany. It is scheduled for Thursday, May 19 at 6:25 p.m. Lexington is putting together co-ed and gender specific teams and we need as many members as we can get! Training for the Challenge is a great way to get in shape for the summer.

Employees enrolled in Lexington's Medical Plan who participate in this Challenge will earn 10 Wellness Rewards Points. Employees who participate but aren't eligible to earn Wellness Rewards Points will have their name entered into a raffle for prizes. If you would like to join the Lexington team or have questions, contact Toni Persch at perscht@lexcenter.org or (518) 736-4131. To register for the race, visit www.cdphpwtc.com and click on Registration Info. Then click Register and select Lexington Center.

**Eligible employees who submit proof of participation in any of the 5Ks listed above will receive 10 Wellness Rewards Points. Employees who are not eligible to receive Rewards Points but still show proof of participation will have their name entered in a raffle for prizes. Employees who are eligible for CDPHP Lifepoints may receive Lifepoints for reporting their participation in the CDPHP Workforce Team Challenge on their Lifepoints account. Eligible employees who provide proof of participation in all three races in the 5K Triple Crown will receive an additional 40 Wellness Rewards Points.*

MOTIVATIONAL CHALLENGE

Celebrate life by working as a team with your group to motivate one another to complete tasks that show kindness! Here's how to participate: Snap a selfie with your group during your act of kindness to show completion of the motivational tasks, then make a collage poster and bring it to the Safe Environment and Wellness Program Meeting on Thursday, May 5, at 10:30 a.m. at 465 N. Perry Street, Classroom C. We will display the poster and have you present to the group a description of the task you completed. The top two groups who complete the most acts of kindness and a poster to display them will receive a \$50 Price Chopper gift card to spend on their group.

Some examples of acts you could do are mentoring a child, sharing lunch with a coworker, planning a fun activity for others, hosting a healthy office lunch and volunteering to help someone.

No pictures of people we support or their belongings, please! Have fun motivating each other to be kind!

COUCH TO 5K TRAINING PROGRAM

Lexington is proud to announce its fourth annual Couch to 5K Training Program, starting the week of April 18! This program is for anyone who wants to walk or run any of the 5Ks listed above.

This program is not about running a marathon. It's about doing what you can to the best of your ability! Whether your goal is to just add exercise to your daily routine or to participate in a 5K, you are welcome to join us and let our experienced coaches be your guide.

There will be informational sessions (listed below) during the week of April 18. You only need to attend one. At these meetings, you will meet your coach and receive training tips, a flexible beginner training schedule and information about weekly meetings as well as registration for the 5Ks. Be prepared to begin your training that day!

Each week from April 25 to June 11, you will use the Lexington 5K Beginner Training Schedule to complete most of the training on your own. Once a week you will meet with your training group and coach to talk about your struggles and accomplishments, review the next week's training schedule and take a run/walk based on where you are in training. Those who attend five of the seven scheduled training sessions with a coach will receive a Lexington Wellness gift.

DATE	TIME	LOCATION	COACH
Monday, April 18	12:00 p.m.	Training Center, 465 N. Perry Street, Johnstown	Toni Persch
Tuesday, April 19	4:00 p.m.	Gym, 127 E. State Street, Gloversville	Ned Hirt
Friday, April 22	12:00 p.m.	Training Center, 465 N. Perry Street, Johnstown	Tres Nolett

***ALBANY TIMES AND LOCATIONS TO BE ANNOUNCED**

BIOMETRIC SCREENINGS FOR LEXINGTON MEDICAL PLAN SUBSCRIBERS

Lexington employees and spouses enrolled in Lexington's medical plan must complete a biometric screening in 2016 to receive their premium savings in 2017. Take advantage of these free screenings provided by CDPHP and St. Peter's Cardiac and Vascular Center. The screenings will measure blood pressure, cholesterol, glucose, body composition with body fat percentage and BMI. To schedule an appointment, contact the point person for the clinic you want to attend.

LOCATION	DATE	TIME	DEADLINE TO REGISTER	CONTACT	PHONE
St. Johnsville-Oppenheim Multi-purpose Room 405 Co. Hwy 114	April 27	7:30 a.m.—12 p.m.	April 20	Donna Dineen or Vicki Scheuerman	568-3102

LEXINGTON MEDICAL CARE PLAN REQUIREMENTS

To receive their premium savings in 2017, Lexington employees and spouses enrolled in Lexington's medical plan must complete a biometric screening, a CDPHP Personal Health Assessment in 2016, as well as a routine physical exam every two years. In addition, employees must:

- complete the Tobacco Free Affidavit or Reasonable Alternative Smoking Cessation Workshop by December 31
- receive a verified blood pressure measurement equal to or less than 119/79 by December 15
- read the "Release the Pressure" document provided by CDPHP and complete the corresponding quiz on the Lexington Wellness Website by December 31

If you have any questions, please contact Michelle Peryea, Wellness Program Coordinator, at (518) 775-5420.

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.



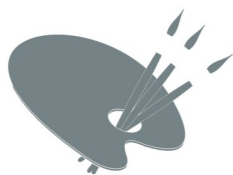
Paul Nigra Center
for Creative Arts

Wednesday, April 13 | 6:00—8:00 p.m.



OCEAN ESCAPE PAINTING CLASS. *Instructor Ellen Lauziere will teach students how to paint an ocean scene with acrylics in this beginner-level class. All materials are provided and special accommodations are available. The cost is \$30 if you pre-register or \$40 for walk-ins. [Click here to register online.](#)*

Thursday, April 14 | 6:00—8:00 p.m.



MAKE YOUR OWN MOKUME GANE PENDANT — JEWELRY MAKING CLASS. *Mokume Gane is a traditional Japanese method for laminating various colors of metals together and manipulating them to create patterns that resemble wood patterns. In this class, instructor Brenda Dwyer will teach students how to imitate this technique with polymer clay to make a one-of-a-kind pendant.*

Clay, tools and jewelry supplies will be provided. This class is open to all and is beginner level. Special accommodations are available. The cost is \$35. Advanced registration is required. [Click here to register online.](#)

Friday, April 15 and 22 | 10:00—11:30 a.m.



ARTS WITH BRENDA. *In this series of classes, instructor Brenda Dwyer will teach students how to capture their creative side and show self-expression through art projects. This class is open to all and is beginner level. Special accommodations are available. All materials are provided. The cost is \$25 if you pre-register or \$30 for walk-ins. [Click here to register online for April 15](#) and [here to register for April 22.](#)*

Friday, April 15 and 22 | 6:30—8:00 p.m.



ART CLASS WITH DEVIN. *In this series of classes, instructor Devin O'Shaughnessy will teach students how to capture their creative side and show self-expression through art projects. This class is open to all and is beginner level. Special accommodations are available. All materials are provided. The cost is \$25 if you pre-register or \$35 for walk-ins. [Click here to register online for April 15](#) and [here to register for April 22.](#)*

Sunday, April 17 and 24 | 1:00—2:00 p.m.



POETRY AND ART (FOUR-WEEK WORKSHOP). *In this class, instructor Kittie Bintz will help students explore creative expression and inquiry at the crossroads of poetry and visual art. This class is open to all and is beginner level. Special accommodations are available. All materials are provided. The cost for all four classes is \$50 if you pre-register or \$60 for walk-ins. [Click here to register online.](#)*

Sunday, April 17 | 2:00—3:30 p.m.



ARTS AND ACOUSTICS. *In this class, instructor Brenda Dwyer will teach students how to capture their creative side and show self-expression while listening to live entertainment. This class is open to all and is beginner level. Special accommodations are available. All materials are provided. The cost is \$30 if you pre-register or \$40 for walk-ins. [Click here to register online.](#)*

Monday, April 18 | 3:00—5:00 p.m.



MAKEOVER MONDAY. *On Makeover Monday, instructor Kate Schwan will share hot tips, makeup tricks and beauty secrets to bring out each participant's natural beauty. Students will try makeup looks that pair perfectly with their eyes, skin tone and hair. This class is open to all and is beginner level. Special accommodations are available. The cost is \$10 if you pre-register or \$20 for walk-ins. [Click here to register online.](#)*

Tuesday, April 19 and 26 | 4:00—5:00 p.m.



EXPLORING PHOTOGRAPHY. *In this class, students will learn the principles of photography and the skills necessary to create amazing photos. Instructor Heidi Hoffman will guide students through the process of positioning themselves and their subjects to capture the best photo possible with the camera they already have – no additional gear needed. Students will use cameras and phones to capture images and manipulate them with Photoshop and other programs. This class is open to all and is beginner level. Special accommodations are available. The cost is \$15 if you pre-register or \$25 for walk-ins. [Click here to register online for April 19](#) and [here to register for April 26.](#)*

Tuesday, April 19 and 26 | 6:00—8:00 p.m.



CREATE A COLLAGE BOX (FIVE-WEEK CRAFTING CLASS). *In this class, instructor Kittie Coffey Bintz will walk students through the process of creating a box that is personalized and unique to them. This class is open to all and is beginner level. Special accommodations are available. All materials are provided. The cost is \$100 for all five classes if you pre-register or \$125 for walk-ins. [Click here to register online.](#)*

Thursday, April 21 | 6:00—8:00 p.m.



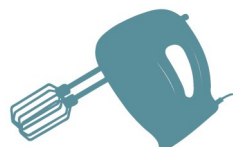
ABSTRACT GLASS ART CLASS. *In this beginner-level class, instructor Beth Spraggs will teach students how to use layered stained glass, marbles, discs, tiles and mirrors to make a glass decorated frame. This class is open to all. Special accommodations are available. All materials are provided, but if you have broken jewelry or an accent piece, feel free to bring it to personalize your piece. [Click here to register online.](#)*

Friday, April 22 and 29 | 10:00—11:00 a.m.



THEATER IMPROV CLASS (TWO-SESSION CLASS). *Experience the power of play and the fun of improvisational acting in a fun and safe environment with instructor Roberta Esposito. She will provide students with a foundation of improvisation that promotes creativity and personal growth. This class is open to all and is beginner level. The cost is \$50 for both classes. [Click here to register online.](#)*

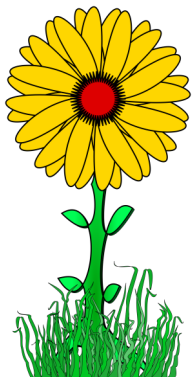
Saturday, April 23 | 12:30—4:00 p.m.



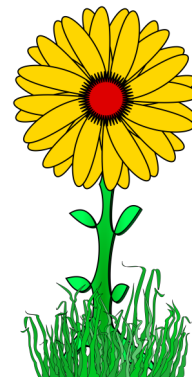
CUPCAKE WARS. *This is a beginner's course in cupcake decorating and artistic expression. Students will create their own masterpiece cupcakes using the decorations and ingredients provided. Judging will be based on presentation, taste and creativity. This class is open to all and is beginner level.*

Special accommodations are available. The cost to participate is \$30 if you pre-register or \$40 for walk-ins. [Click here to register online](#). Friends and family are welcome to come cheer the participant on from 2:30—4:00 p.m. The cost to attend is \$5. No pre-registration is required for attendance.

ANNOUNCING THE SPRING FEVER DAY CAMP FOR KIDS



By popular demand, The Paul Nigra Center for Creative Arts is offering another day camp sure to leave a smile on your child's face -- with a touch of Spring Fever! This three-day camp will feature outside fun (weather permitting), music, singing, dance and plenty of chances to create. On the last day, your child will bring home a beautiful piece of spring-themed art. Campers should bring their own lunch, snack and water bottle each day. Refrigeration is available. The cost is \$90 per child for all three days. Use the code **LEXEMPLOYEE** at checkout to receive a 10 percent discount. For more information, visit www.pncreativeartscenter.org/spring-fever-day-camp or call (518) 661-9932. To register online, visit conta.cc/1TMeeSP.



WHEN?

April 26—28
9:00 a.m. to 3:00 p.m.

WHO CAN COME?

Children ages 5 to 10

HOW MUCH?

\$90 for all three days



Mother's Day Celebration at the Nigra Arts Center!

Saturday, May 7
11:00 AM – 2:00 PM
\$15 per person,
Moms are FREE!

Make May 7 a Mother's Day Saturday your mom will cherish forever. One mom per family will be admitted FREE to the Mother's Day Celebration at the Paul Nigra Center for Creative Arts in Gloversville! Moms are invited to enjoy brunch and music in the Grand Gallery while their children make them jewelry, cards, cupcakes and at craft stations. All are welcome to attend.

HR NEWS AND INFORMATION

EMPLOYEE ANNIVERSARIES (10+ years)

APRIL 12 TO APRIL 18 | Congratulations!

Traci Frederick, Med Services, 4/12, 25 years

Robert Pollard, Maintenance, 4/17, 10 years

APRIL 19 TO APRIL 25 | Congratulations!

Brenda Smith, Day Hab, 4/25, 10 years

NOW ACCEPTING SPRING CLOTHES!

ENCOREkids
CLOTHING & ACCESSORIES



34 N. Main Street, Gloversville, NY 12078 | (518) 773-4649
Hours: Tuesday – Friday 10am – 6pm | Saturday 10am – 3pm
www.facebook.com/encorekidsconsignments

We accept Chamber Checks * We participate in the Chamber of Commerce Member to Member discount program, offering a 10% discount * We offer a 10% discount to all Lexington employees every Friday * Gift certificates are available.

EARN A BONUS FOR RECOMMENDING EMPLOYEES!

Were the holiday bills more than you anticipated? Are you planning a vacation in the summer? Lexington can help with some of those 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, and there's no limit on how much you can earn by referring employees.

Do you know of someone who is kind, supporting and has the qualities we are looking for in employees? Then refer them! Employees of Lexington have been doing a great job so far referring people to work with us. Give an application to a friend or family member today, or have them apply online at lexingtoncenter.org. Make sure they list your name on the application as the referral source so you can receive your bonus if they are retained!

If you have any questions, contact the Human Resources Department at (518) 773-7931.

GO MOBILE AND GET THE APPS!



Now you can have many of your **EAP** benefits and services at your fingertips on your smartphone! Download the no-cost EAP app for iOS (Apple) and Android. Get 24-hour at-your-fingertips access to thousands of articles, videos, trainings and links on a variety of work-life issues and topics. Here's a small sampling:

Wills & other legal templates • Home ownership & mortgages • Cancer, diabetes & other illnesses • Taxes & the IRS • Consumer rights & resources • Caregiving resources • Personal development & training • Wellness resources

RK Flex Mobile enables you to easily and securely access your healthcare spending accounts. You can view account balances and details, submit healthcare account claims, and capture and upload pictures of your receipts anytime, anywhere on any iPhone, Android or tablet device. You can also sign up to receive account alerts via text message. Simply download the RK Insurance App for your Android or iPhone (also compatible with iPad® and iPod touch®) and log in using the same password you use to access the RK Flex consumer portal.

CONTACT INFORMATION

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