

LEXINGTON HAPPENINGS



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

TUESDAY, APRIL 26 , 2016



Several Creative Expressions artists had pieces in NYSACRA's "Listed Up" art show at the Sagamore Hotel in Bolton Landing, where Thelma Senecal won an honorable mention for her "Dragonfly" painting! The painting also sold at the event, along with "Signs of Spring" by Caroline Pendlebury. Congratulations to the artists!

EVENTS THIS WEEK — APRIL 26 TO MAY 2

Wednesday, April 27 | 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.

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

Thursday, April 28 | 10 a.m.—12:00 p.m.

JOHNSTOWN NURTURING ENVIRONMENT MEETING | The Training Center, 465 N. Perry Street, Johnstown. *Fourteen years ago, we began the Nurturing Environment Program. Our goal is to continually strive towards creating a more nurturing, caring, supportive and safe environment for everyone — 24 hours a day, seven days a week, in all Lexington locations — that, in addition to making Lexington an even better place for everyone, will eliminate the possibility of abuse. One aspect of the program is a monthly meeting where we share ideas and suggestions on how to make Lexington an even better place for people we support and our employees. Employee recognition will take place at this meeting, which includes lunch.*

EVENTS NEXT WEEK — MAY 3 TO MAY 10

Tuesday, May 3 | 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 May. 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, May 4 | 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, May 6 | 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.*

Monday, May 9 | 5:00—6:00 p.m.

AUTISM MOVEMENT THERAPY AND CREATIVE MOVEMENT | Lexington Family Services, 43 Harrison Street, Gloversville. *Autism movement therapy and creative movement is a movement and music integration strategy combining patterning, visual movement, calculation, audible processing and rhythm. This session is targeted toward children ages 5-18 and their parents, caregivers and professionals. Parent participation is required. Come dressed to move and have fun!*

Tuesday, May 10 | 11:00 a.m.—12:00 p.m.

WEBINAR — LOSS, GRIEF AND ADJUSTMENT FOR PARENTS OF CHILDREN WITH SPECIAL NEEDS | The Center at Lexington, 465 N. Perry Street, Johnstown. *Please join Barb Hoffman, a regional coordinator of Parent to Parent of NYS, as she presents this webinar meant for parents, caregivers and professionals. This training will provide an overview of common emotions experienced by parents and discuss how, by acknowledging and sharing these emotions, parents can find the inner strength needed to face and embrace their role as a parent of a child with special needs.*

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.

Thursday, April 28 and May 5 | 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 and May.*

Friday, April 29 and May 6 | 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 May and will be held in the old CDT space at 465 N. Perry Street.*

Monday, May 2 and 9 | 9:00—10:00 a.m.

EFFECTIVE COMMUNICATION — 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 May.*

Tuesday, May 3 and 10 | 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 May.*

Friday, May 6 | 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 May and will be held in the old CDT space at 465 N. Perry Street.*

Lexington's own upscale consignment store, **ENCORE KIDS** offers designer and brand name clothing and accessories in sizes Newborn through Children's 14/16.



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

Encore Kids is conveniently located next door to Mohawk Harvest Co-op Market and across the street from Castiglione Jewelers. It proudly employs individuals we support.

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.



TRANSITIONS SUMMIT

The Transitions Summit is a two-day conference for families, educators and professionals who support teens and young adults with autism and learning differences. Over the course of the summit, attendees will tour the Transitions facility and hear presentations from six parents, professionals and educators with expertise in guiding individuals with differences through important life transitions, as well as a firsthand account from a successful young person who has a learning disability. There is limited seating available, but if you are interested in attending, please discuss with your supervisor and use the same approval/payment process that you would use for attending other outside conferences.

COST TO ATTEND

- \$129 for full conference
- \$69 for one day
- Fee waived for parents and families of individuals with autism and other learning differences and the first 20 professionals who assist with transition from high school to college and careers.

LOCATION

Transitions
2736 State Highway 30
Gloversville, NY 12078

WHEN

- May 11, 8:30 a.m.—5 p.m.
- May 12, 8:30 a.m.—4:30 p.m.

REGISTRATION AND MORE INFORMATION

Terry Williams, Transitions
Admissions Coordinator

(518) 775-5384

admissions@transitionsusa.org

www.transitionsusa.org/events

TRANSITIONS SUMMIT PRESENTATION ROSTER:

- **Growing Up Is Hard to Do: A Young Adult with a Learning Disability's Personal Experience** by Priya Winston
- **Estate and Future Care Planning for Individuals with Disabilities and Their Families** by Edward V. Wilcenski, Esq.
- **The Three R's of Transition: Responsibility, Regulation and Relationships** by Gina Cosgrove, Psy. D., and Laura A. Assaf, Psy. D.
- **Land Without Bells** by Steve Szalowski, LCSW-R
- **Growing Up Is Hard to Do: A Parent's Personal Experience** by Esther Carpenter and Nancy DeSando, B.S.R.N.

SPECIAL 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. Lexington employees can get \$15 off the regular \$50 annual BJ's membership fee! 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 3 months, also free. That's 15 months for less than the cost of a 12-month membership!

All renewals will have 15 months added onto their BJ's member from their current expiration date.

If you're interested in taking advantage of this offer, a BJ's Wholesale Club representative will be available on **Friday, May 6** at the Bishop Burke cafeteria from 9:00 a.m. to 11:45 a.m. and at the 465 North Perry Street Conference Room from 12:15 p.m. to 1:00 p.m.

If you are unable to attend one of the dates above, you can obtain a membership application by calling Bridgett Nestor in Human Resources at (518) 775-5422 between May 6 and May 20.

“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, 17 5:00—5:45 p.m. 	<ul style="list-style-type: none"> Group A: Ages 11-14 Group 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

SPAGHETTI DINNER FUNDRAISER

Mountain View is hosting a carryout spaghetti dinner to benefit the Paul Nigra Center for Creative Arts on Friday, May

20, from 10:30 a.m. to 1 p.m. The meal includes spaghetti, salad, a roll and a cookie.

Tickets are \$5 and they are available at Mountain View 2. To reserve yours, call (518) 725-1880 and ask for Amanda.



BASKETBALL GAME FUNDRAISER



Join a fun group of athletes for a basketball game on Friday, May 13, at 6 p.m.

The game will raise money for the Paul Nigra Center for Creative Arts and the coaches, Penny Rivenburg

and Harvey VanAllen, need players!

If you are interested in joining a team, contact Jose Kemp at Good Neighbor at (518) 736-3887.

MOTHER’S DAY SALE

The Good Neighbor Ladies Group will present a special Mother’s Day sale on Friday, May 6, from 10 a.m. to 1 p.m. Roses, cards, candies, chocolate, pretzels, jewelry and more will be for sale by the cafeteria at 465 N. Perry Street. All proceeds will go to local charities such as the Humane Society, the Cancer Society, the Epilepsy Foundation and more.

If you still need a gift for your mom before Mother’s Day, stop by and see what’s available!



CO-OP REMINDER

Please remember to pick up your co-op orders!

Oppenheim Day Hab
 Wednesday, April 27
 3:30—4:30 p.m.



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

Tuesday, May 3 | 4:30—5:30 p.m. | Gymnasium, 127 E. State Street, Gloversville

Tuesday, May 10 | 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

Wednesday, May 4 | 7:30—8:00 a.m. | Indoor Track, 465 N. Perry Street, Johnstown

Friday, May 6 | 7:30—8:00 a.m. | Gymnasium, 127 E. State Street, Gloversville

Monday, May 9 | 3:30—4:00 p.m. | Indoor Track, 465 N. Perry Street, Johnstown

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, May 3 | 12:30—1:00 p.m. | Large Conference Room, 405 Co. Highway 114, St. Johnsville

Wednesday, May 11 | 3:30—4:00 p.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!

ANNOUNCING THE SUMMER SLIM-DOWN CHALLENGE

Summer is right around the corner! Do you want to feel confident this summer? Do you need a spark to get you going? If so, Lexington Wellness is offering two team Challenges to help you meet your goals. You can choose to participate in whichever one best meets your needs — the **WEIGHT LOSS CHALLENGE** or the **EXERCISE MINUTES CHALLENGE**.

CHALLENGE REGISTRATION

Monday, May 2 to Sunday, May 15

CHALLENGE DATES

Monday, May 16 to Monday, June 13

Further details about these Challenges are to be announced. But you can get started now by putting your team together!

Eligible participants in the Challenges stand to earn Wellness Rewards Points and other prizes. Employees who meet the Challenge Goals or are members of winning teams but are not eligible to earn Wellness Rewards Points will have their name entered into a raffle for prizes. You can also earn additional rewards by being a Wellness Buddy in the Wellness Together Resolution Solution Challenge.

If it is unreasonably difficult for you to meet the requirements of either Challenge in order to earn Wellness Rewards because of a medical condition, contact Michelle Peryea, RN, Wellness Program Coordinator, at (518) 775-5420 or via email at peryeam@lexcenter.org and we will work with you to develop an alternative to qualify for the rewards.

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	CONTACT	PHONE
St. Johnsville-Oppenheim Multi-purpose Room 405 Co. Hwy 114	April 27	7:30 a.m.—12 p.m.	Donna Dineen or Vicki Scheuerman	(518) 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.

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. 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!

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 28 | 6:30—8:00 p.m.



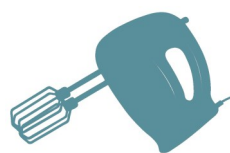
SHARPIE MUG ART. *In this class, instructor Terry Salvione will show students how to decorate their own personalized coffee mug with vibrant colors and delightful designs using Sharpies. This class is open to all and is beginner level. Special accommodations are available. All materials provided. The cost is \$25 if you pre-register or \$35 for walk-ins. [Click here to register online.](#)*

Friday, April 29 | 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.](#)*

Saturday, April 30 | 11:30 a.m.—1:00 p.m.



ITALIAN COOKING. *In this class, instructor Marilee Maring will teach students how to prepare Zuppa Toscana, an Italian soup made with sausage, potatoes and more, served with bruschetta. This class is open to all and is beginner level. Special accommodations are available. The cost is \$30 if you pre-register or \$40 for walk-ins. [Click here to register online.](#)*

Saturday, April 30 | 1:00—3:00 p.m.



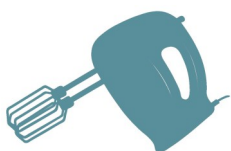
MOMMY & ME ART CLASS. *This popular class is an opportunity to interact with your child while making a beautiful art creation together. Two canvases will be combined to form one lifelong keepsake to hang in your home. For ages 4+. All materials provided. The cost is \$40 for mother and child if you pre-register or \$50 for walk-ins. [Click here to register online.](#)*

Sunday, May 1 | 11:00—11:45 a.m.



INTRODUCTION TO YOGA CLASS. *If you are curious about yoga but don't know where to begin, we can help. On the first Sunday of every month, instructor Dori Daknis will pass along her yoga wisdom and passion to beginners as she guides them through the basics. While you may pre-register in advance, walk-ins are welcome. The cost is \$5 per class. [Click here to register online.](#)*

Tuesday, May 3 | 6:00—8:00 p.m.



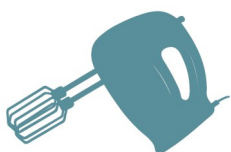
HEALTHY EATING SERIES: VEGGIE POWER! Each month, Janet Dunn teaches a beginner class on healthy eating with simple recipes that are not only easy to prepare but delicious! May is all about energizing veggie recipes. Janet will show students how to prepare five recipes utilizing broccoli, cucumbers, bok choy, lime, cilantro, scallions, peanuts, corn, cherry tomatoes, green beans, green bell peppers and more. This class is suitable for chefs of all levels. The cost is \$30 if you pre-register or \$40 for walk-ins. [Click here to register online.](#)

Wednesday, May 4 | 6:30—8:00 p.m.



SPRING INTO YOGA (SEVEN-PART SERIES). Begin the new season with a fresh start. Instructor Dori Daknis will help students rejuvenate their body and mind with an invigorating experience designed to leave them feeling fresh, energized and balanced. Chakra (energy) centering, candlelight and essential oils will add to this peaceful and refreshing class. This is an unforgettable experience where students establish a fulfilling meditation practice and leave with tools to create balance at home and work all year long. This class is suitable for participants of all fitness levels. It meets on May 4, 11, 25, June 1, 8, 15 and 22. The cost is \$15 for a single class or \$65 for all seven classes. [Click here to register for all seven](#) classes or [here to register for the May 4 class.](#)

Tuesday, May 10 | 6:00—8:00 p.m.



SUPPERS IN A SNAP: CHARGRILLED CHICKEN AND SPRINGTIME STRAWBERRY SALAD. Join us in welcoming New Zealand native Andrew Dench to the USA as he kicks off his Suppers in a Snap class series at the Paul Nigra Center for Creative Arts. Andrew wants to show students how to make the most of their time in the kitchen with quick and delicious meals. In this class, students will learn how to whip up a springtime strawberry salad with lemon poppy seed dressing, complete with a medley of spring vegetables, asparagus, snap peas and spinach and garnished with pistachio. Next, students will learn how to prepare chargrilled chicken dressed with kale, mango and avocado. This class is suitable for chefs of all levels. The cost is \$30 if you pre-register or \$40 for walk-ins. [Click here to register online.](#)



Mother's Day Celebration at the Nigra Arts Center!

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

One mom per family will be admitted FREE to the Mother's Day Celebration at the Paul Nigra Center for Creative Arts ! Moms are invited to enjoy brunch and spa treatments in the Grand Gallery while their children make them jewelry, cards and cupcakes at craft stations.



Meet the Artists Reception Summer Regional Show

**Thursday, May 12
6:00PM – 8:00PM**
light refreshments will be served

The show will feature work from critically acclaimed watercolorist Karen J. Cooper and many other talented and well-regarded artists such as Joe Anagnostopoulos, Barney Bellinger, Deborah Deming, Katherine Ehle, Alex Higgins, Leah Junquera, Marion Kratky, Ellen Rae Panero, Dusty Sage, Jonathan Swartwout and MORE!

The Paul Nigra Center for Creative Arts is unveiling its Summer Regional Art Show with a Meet the Artists Reception. The show will feature work from local and regional artists and will hang until July 22. Light refreshments will be served.

EMPLOYEE ANNIVERSARIES (10+ years)

APRIL 29 TO MAY 7 | Congratulations!

Jenny Frenyea, Residential, 4/29, 20 years

Christina Cook, Residential, 5/1, 10 years

Van Fonda, Residential, 5/1, 10 years

Karen Irelan, Residential, 5/1, 10 years

Tres Nolett, Clinical, 5/1, 10 years

Kristina Savage, Residential, 5/1, 10 years

Alexandra Yorks, Residential, 5/1, 10 years

Linda Burgess, Residential, 5/6, 25 years

Gale Stott, Residential, 5/6, 25 years

Beth Ann Loose, Residential, 5/7, 15 years

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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.



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CONTACT INFORMATION

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