

# LEXINGTON HAPPENINGS



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

WEDNESDAY, MARCH 28, 2017



Liberty and Lexington's Capital Region floor hockey team won a gold medal in the Special Olympics New York State Winter Games! The games were held in February throughout the Hudson Valley, with the floor hockey competition taking place at the Stewart Air National Guard in Newburgh. The Capital Region team practiced together for seven weeks at the Bishop Burke gym.

Pictured in the back row are Jochuamh Paris, Donald VanEtten, Ross Carangelo, Josh Brooks, Kim Rickard, Andrew Smith, Matt Summerfield, Michael Gotel, Ryan Decker and Colonel Wagner. Taylor Clendenan and Shannan Blankenbaker are pictured in the front row.

## EVENTS THIS WEEK — MARCH 28 TO APRIL 3

Tuesday, March 28 | 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 March and 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](mailto: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](http://fultonmontgomeryny.org)  
[44lakes.com](http://44lakes.com)

**ALBANY COUNTY:**  
[albany.com/events/](http://albany.com/events/)  
[events.timesunion.com](http://events.timesunion.com)

Thursday, March 30 | 10:00 a.m.—12:00 p.m.

**JOHNSTOWN NURTURING ENVIRONMENT MEETING | Training Center, 465 N. Perry Street, Johnstown.** *Thirteen 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.*

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## EVENTS NEXT WEEK — APRIL 4 TO APRIL 11

Tuesday, April 4 | 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.*

Wednesday, April 5 | 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.*

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.*

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.*

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### REMEMBER TO PICK UP YOUR CO-OP ORDERS!

**Johnstown Day Hab**  
**Tuesday, March 28**  
**3:30—5:00 p.m.**

**Oppenheim Day Hab**  
**Wednesday, March 29**  
**3:30—4:30 p.m.**





## MARCH IS DEVELOPMENTAL DISABILITIES AWARENESS MONTH!

In honor of the many accomplishments and contributions of the people we support, Lexington has been sharing some of their stories throughout the month. Make sure to let the people we support know you appreciate them, not just this month but always!



### JOIN US AT FLAME'S ROCK FOR ABILITIES CONCERT ON MARCH 31!

Flame is preparing to perform their annual Rock for Abilities concert, a celebration of National Disabilities Awareness Month! Tickets are available at the door as well as at Johnstown Day Hab, Bishop Burke, the Paul Nigra Center for Creative Arts, the Fulton-Montgomery Regional Chamber of Commerce and Mohawk Harvest Cooperative Market.

This concert is part of the Lexington Gives Back initiative, so audience members are encouraged to bring a non-perishable food item to donate in exchange for the chance to win a door prize. All donated foods will benefit local food pantries.

Other proceeds from the concert will go to fund Flame's new recording studio at the Paul Nigra Center for Creative Arts. Money from the concert will go toward buying new instruments and equipment and recording new music at the studio.

If you are interested in sponsoring individuals we support to attend the concert, please contact Maria Nestle, Flame's manager, at (518) 661-9932, ext. 164 or [nestlem@lexcenter.org](mailto:nestlem@lexcenter.org).

WE HOPE TO SEE YOU THERE!

#### WHEN?

Friday, March 31  
6:00—8:00 p.m.

#### TICKET PRICE

\$5.00 each



#### WHERE?

Gymnasium  
Bishop Burke Building  
127 E. State Street  
Gloversville



## HR NEWS AND INFORMATION

### EMPLOYEE ANNIVERSARIES (10+ years)

#### MARCH 28 TO APRIL 11 | Congratulations!

Linda Akowicz, Residential, 4/1, 15 years	Chris Sutherland, Day Hab, 4/6, 25 years
Cherie Lamphear, Residential, 4/2, 10 years	Terrence Frederick, Day Hab, 4/7, 20 years
Sandra Milewski, Residential, 4/2, 10 years	Kaegan Petkovsek, Day Hab, 4/7, 20 years
Patricia Sweet, Residential, 4/2, 10 years	Tanya Koons, Day Hab, 4/8, 10 years
Laurel Paradis, Day Hab, 4/6, 30 years	Shelley Palumbo, Residential, 4/10, 30 years

### 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 also 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](http://www.lexingtoncenter.org)!



### 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.

### MARCH IS BRAIN INJURY AWARENESS MONTH!

Home Base is raffling off a health/wellness basket that focuses on dementia prevention and awareness for Brain Injury Awareness Month! You can purchase tickets and see the basket at Home Base SDP at the Training Center. Basket items include ankle weights, resistance bands, a water bottle, a snack container, a cutting board, a book about good nutrition and a \$25 Price Chopper gift card. The drawing will take place on **Friday, March 31**, and the winner will be announced then. Proceeds will be donated to the Brain Injury Association of New York State. Thank you for helping us increase awareness of brain injury!

<b>TICKET PRICES:</b> 1 for \$2	2 for \$3	5 for \$7
10 for \$10	20 for \$15	25 for \$20

## 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](http://lexingtonwellness.bepurewellness.com) and going to “Events” or by calling Michelle Peryea at (518) 775-5420.*

### DATES, TIMES & LOCATIONS

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

Tuesday, April 11 | 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](http://lexingtonwellness.bepurewellness.com) and going to “Events.”*

### DATES, TIMES & LOCATIONS

Wednesday, March 29 | 7:30—8:00 a.m. | Gym, 127 E. State Street, Gloversville

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

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

### 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](http://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

Monday, April 10 | 3:30—4:00 p.m. | Large Conference Room, 465 N. Perry Street, Johnstown

### PUT YOUR BEST FOOT FORWARD: NATIONAL NUTRITION MONTH 2017



*Bring the nutrition label from a food item in your home to this special session. It can be a favorite food, a random item you commonly eat or one you think may be healthy. One of our registered dieticians will help you evaluate that label to better understand the nutritional content. They will also introduce you to the new nutrition label that goes in place later this year. Space is limited! Please register to attend by contacting Michelle Peryea at (518) 775-5420 or [peryeam@lexcenter.org](mailto: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

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](mailto: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
Gloversville Gymnasium 127 E. State Street	April 5	12—6 p.m.	March 28	Bridgett Nestor	(518) 775-5422
	April 6	7:30 a.m.—1:30 p.m.	March 29		
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](mailto:perscht@lexcenter.org) or call (518) 736-4131.

### TO REGISTER FOR THE RACE:

1. Visit the event website, [www.cdphpwtc.com](http://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](mailto: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 3 Tuesdays 7—7:30 a.m.	SESSION 4 Thursdays 3:30—4 p.m.
September 25		April 4	October 26
October 2		April 11	November 2
October 9		April 18	November 9
October 16		May 2	November 16
October 23		May 9	November 30
October 30		May 16	December 7
November 6		May 23	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 8 Mondays 11—11:30 a.m.	SESSION 9 Fridays 11—11:30 a.m.
August 1	October 18	March 13	August 25
August 8	October 25	March 20	September 1
August 15	November 1	March 27	September 8
August 22	November 15	April 3	September 15
August 29	November 29	April 10	September 22
September 5	December 6	April 17	September 29
September 12	December 13	April 24	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](http://www.pncreativeartscenter.org) or call (518) 661-9932.



Paul Nigra Center  
for Creative Arts

Wednesday, March 29 | 4:00—6:00 p.m.



**BASKET WEAVING: JAPANESE ROUND BASKET.** *This class will teach students to make a 4"x7" round basket with many twists and turns. It's easier than it looks! The final result will be a beautiful basket woven from natural flat oval reed. Add a glass bowl with potpourri for a pretty table accent. No prior weaving experience is needed. This class is suitable for ages 13 and up. The cost is \$25, plus an additional \$5 for materials due to the instructor on the day of the class. [Click here to register online.](#)*

Thursday, March 30 | 6:00—8:00 p.m.



**FROZEN CHARLOTTE WEARABLE ART.** *Instructor Beth Spraggs is back with another form of "Frozen Charlotte" art – and this time you can WEAR it! "Frozen Charlotte" porcelain dolls were made in the late 1800s in Germany and discarded because of imperfections such as a broken off hand or leg. In this class, students will be provided with the pieces as Beth shows them how to create their own "Frozen Charlotte" pin they can wear. The cost is \$25 for those who pre-register or \$30 for walk-ins. [Click here to register online.](#)*

Friday, March 31 | 12:30—2:00 p.m.



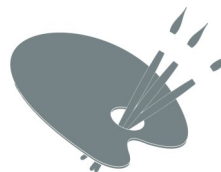
**PAINT & SIP.** *Paint your own masterpiece using acrylics while enjoying a smoothie. No art experience necessary! This class is open to all and is beginner level. Special accommodations are available. The cost is \$25. Pre-registration is required. [Click here to register online.](#)*

Saturday, April 1 | 1:00—3:00 p.m.



**BEACH ESCAPE PAINTING CLASS.** *In this class, instructor Brenda Dwyer will show students how to paint a beach scene with acrylics. This class is open to all and is beginner level. Special accommodations are available. The cost is \$25 for those who pre-register or \$35 for walk-ins. [Click here to register online.](#)*

Fridays, April 7—May 19 | 9:30—11:00 a.m.



**CERAMICS CLASS (SIX-WEEK CLASS).** *This class will introduce students to traditional handbuilding ceramics techniques. Students will create projects using pinch, coil and slab methods. Projects will be glazed with lead-free, food safe glazes in a wide variety of shiny colors. Weeks one, three and five will be wet clay weeks, where students work with the white earthenware clay. Weeks two, four and six will be glazing weeks. Pottery gets fired between classes and projects can be picked up after they are fired. This class will take place April 7, 21, 28, May 5, 12 and 19. The cost is \$75 for those who pre-register or \$85 for walk-ins. [Click here to register online.](#)*

Saturday, April 8 | 11:00 a.m.—12:30 p.m.



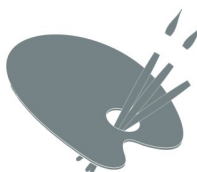
**SONGWRITING 101.** *So you love music and want to start writing your own, but don't know where to begin. Every songwriter started somewhere. In this class, instructor Tom Simek will teach you the simplicity of songwriting and take you on a musical journey. You don't have to be able to play an instrument to write a song! Join us for this beginner level class. The cost is \$15. [Click here to register online.](#)*

Saturday, April 8 | 1:00—3:00 p.m.



**PLANTING THE CREATIVITY SEED.** *Are you ready for spring? Join instructor Brenda Dwyer to design your own plant pot and then plant seeds. Growing plants from seed is a great way to start gardening. This class is open to all and is beginner level. Special accommodations are available. The cost is \$25. [Click here to register online.](#)*

Monday, April 10 | 6:00—8:30 p.m.



**PYSANKY EASTER EGG DECORATING: UKRAINIAN STYLE.** *Join instructor Olya Szjka as she teaches students how to make a pysanka, a Ukrainian Easter egg decorated with traditional folk designs using a wax-resist (batik) method. This beginner level class is open to teens and adults. All materials will be provided. Advanced registration is required. The cost is \$35. [Click here to register online.](#)*

Tuesday, April 11 | 5:30—6:30 p.m.



**MAKE AND TAKE ESSENTIAL OILS.** *In the first half of this workshop, you will learn all about essential oils: where they come from, how they are made and how they work with our bodies. In the second half of the workshop, you will be making your own therapeutic essential oil roll-ons! You can make as many as you want, while supplies last. This class includes one free roll-on and each additional roll-on is just \$2! Heather will also bring supplies for raw sugar scrubs, where you can choose your own scent for an additional \$4 each. These make great gifts. The cost is \$10. [Click here to register online.](#)*

## UPSWING DUO CONCERT & BRUNCH



Join us for this special event on [Sunday, April 2, 11:00 a.m.—1:00 p.m.](#) [The Upswing Duo](#), a jazz group specializing in standards from the classic American Songbook, will provide music while attendees enjoy brunch. Tickets, which include both the concert and the meal, cost \$25 per adult and \$15 for children under 10. [Click here to buy tickets online.](#)

### MENU:

Quiche	Sausage	Desserts
Stuffed French Toast	Potatoes	Beverages
Bacon	Salad Greens	

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

## 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](http://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 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

*Megan Balser*

*Lexington, Fulton County Chapter, NYSARC, Inc.*

*465 N. Perry Street, Johnstown*

*[balserm@lexcenter.org](mailto:balserm@lexcenter.org)*



"Like" Lexington on Facebook:  
Lexington - Chapter of NYSARC, Inc.:  
[www.facebook.com/LexingtonARC](http://www.facebook.com/LexingtonARC)  
"Like" Encore Kids on Facebook:  
Encore Kids: [www.facebook.com/encorekidsconsignments](http://www.facebook.com/encorekidsconsignments)