



April Zoom Programs

Programs held virtually until it is determined safe to bring back in-person.

ZOOM FROM ANYWHERE! REGISTRATION IS EASY!!

email tgolden@theconklingcenter.org or call 518-793-1494

If you need help with zoom, let us know!

30 MINUTE CORE/CARDIO TUESDAY, APRIL 5th and 19th at 11 am

Instructor **Lexi Gordon** will get your body moving – at your pace – for a 30-minute workout focusing on core strengthening and cardio.

CHAT WITH THE SHERIFF THURSDAY, APRIL 7th at 2 pm

Join our ongoing community dialogue with **Warren County Sheriff Jim LaFarr**, who welcomes any feedback, questions or concerns you might have

GENTLE YOGA FOR SENIORS THURSDAY, APRIL 7th & 21st at 10 am

Instructor **Maureen Reilly** will help you get your day off to a good start with breathing exercises, gentle yoga postures that can be done in a chair, and meditation.

UNDERSTANDING AND RESPONDING TO DEMENTIA RELATED BEHAVIOR

TUESDAY, APRIL 12th at 2 pm

Presented by **Lindsay Stanislowsky** of the **Alzheimer's Association**. Caregiver tips and strategies to respond to some common behaviors exhibited by individuals living with dementia, such as agitation, confusion and more..

MEAL IN A MUG WEDNESDAY, APRIL 13th at 2 pm

Presenter **Marybeth Mitcham, Ph.D., MPH** from **Warren Co. Cornell Cooperative Extension** will discuss the benefits of a one meal recipe. She will demonstrate healthy, easy recipes made simply in a mug!

AT EASE AGING THURSDAY, APRIL 14th at 10 am

Presenter **Amy Avery**, Senior Home Safety Specialist, will discuss how **At Ease Aging** can be in a person's home to offer safety recommendations to assist others to age in place, no matter if it is due to natural aging, progressive medical ailments, or sudden medical conditions.

WEATHER ROUTING INC. THURSDAY, APRIL 14th at 2 pm

Jeremy Davis, Assistant Director of Operations returns to share how the company provides global forecasting services for the marine industry, along with its challenges. He will discuss a sailing trip adventure he took with a **Weather Routing** client, from Nova Scotia to Newfoundland, where he had the chance to experience the incredible weather and natural beauty of the Canadian Maritimes.

LET'S RAISE THE VOLUME ON OVARIAN CANCER TUESDAY, APRIL 19th at 2 pm

Presenter **Pat Buckley** from **Caring Together**, joins us to discuss ovarian cancer facts, risks, symptoms, how to protect yourself, diagnosis and treatment. Also joining us will be a cancer survivor, to share her story, and how her life has been affected.

SENIOR HOUSING and AGING IN PLACE TUESDAY, APRIL 26th at 10 am

Presenters **Renee Birbaum** and **Melonie Pratt** of **Choice Connections**, will discuss senior housing options and aging in place to help find a "perfect-fit" home that best suits your needs. Needs assessments, referrals & tours, transitioning and follow-ups are provided.

Watch the Chronicle, the third Thursday of each month
and check our website and Facebook page for additional programming in 2022.

79 Warren St., Glens Falls • TheConklingCenter.org • 518.793.1494