

August 2022

LAKE LUZERNE SENIOR CENTER NEWSLETTER

539 LAKE AVE, LAKE LUZERNE NY 12846

BOX 370

518-696-6451

liseniorcenter@yahoo.com

Monday, Tuesday and Wednesday 9:00-3:30

Thursday and Fridays closed for trips and shopping



Music in the Park

Thursday, August 11th

6:00-7:30

Bring your lawn chair and enjoy
some great toe tapping music.

Sponsored by the
Lake Luzerne Senior Center

Contact 518-696-6451 with
any questions

If it is raining at the time of this event it
will be held at the Senior Center.

Vinyasa Flow Yoga

Mondays, at 5:30 for 75 minute vinyasa flow. Mats will be placed a minimum of 6 feet apart. For now, no props, food or beverage will be provided. Please bring mat, straps, blocks and any other yoga props you wish to practice with you. All personal belongings will be placed next to your mat while practicing.

Movie and a Meal

Tuesday, August 9th 11:00

Joyful Noise

Oscar nominees Queen Latifah and Dolly Parton star in this funny and inspirational story of music, hope and love. Their small Georgia town has fallen on hard times and is counting on the church choir to lift everyone's spirits by winning the national Joyful Noise Competition. But discord between the two leading ladies threatens to tear everything apart when Vi Rose (Latifah) plans to stick with a traditional style, G.G. (Parton) wants to shake things up in a big way.

Music in the Park

The Lake Luzerne Regional Chamber of Commerce and the Town of Lake Luzerne are sponsoring 2022 annual Summer Concert Series.

In Pavilion Park, Lake Avenue 6:30-8:30 Rain or Shine!

Country Jamboree Thursday, August 11th 6:00-7:30

Bobby Dick & Suzie Q Wednesday, August 17th

Office for the Aging Meal Site

For those of you who would regularly dine in with us, you can still take home a frozen meal for Tuesday and Thursday. We are looking forward to seeing you all on Monday, Wednesday and Friday. Call Lisa at 518-696-2200 to let us know you are coming.

Upcoming Trips

Santanoni Adirondack Great Camp Thursday, August 4th leaving at 7:30

Local Shopping Thursday, August 11th

Local Shopping Thursday, September 1st

Cemetery Tour in Saratoga Thursday, September 15th leaving at 12:00

Painting with Patrice

Tuesday, August 16th 1-3

This class is full, I can put your name on a waiting list if we have any cancelations.

Call Barb at 518-696-6451



There will be no programs held in the afternoon of Monday, August 22 and Wednesday, August 24. All morning classes will be held on those days.

Mondays Osteo Busters 9:30-10:30

Coffee 10:30-11:30

Po-ke-no 12:30-2:30 (looking for those interested in playing)

Yoga 5:30-6:45

Tuesdays Movie/Meal 8/9 11:00

Wednesdays Osteo Busters 9:30-10:30

Coffee 10:30-11:30

Great Camp Santanoni: Thursday, August 4th

Relax and Enjoy a 5 mile wagon ride on the carriage road that meanders through the Santanoni Preserve, located on State land.

Just a reminder that this trip is a long day. It is an hour and half ride to Newcomb and a 5 mile trip into the Great Camp and a two hour lay over to wander through the camp and grounds. Then it is a 5 mile trip back to our van, and a hour and half ride home. We will stop for ice cream on the way home. Bring lunch and something to drink.

AUGUST

539 Lake Ave
Lake Luzerne NY 12846

Crabby Road

2-22-10

What's so bad about preservatives in food? At my age I need all the preservatives I can get!



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