



2025

January



Sidney Albert
Albany JCC

Reservations must be made by 10:00am the day before the meal. Please register online using the Daxko app or call membership desk at 518-438-6651

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 No Lunch	2	3 Chicken Francaise	4
5	6 Greek Chicken Senior Planet: MyChart	7 Senior Planet: Spotify	8 Stuffed Cabbage BINGO Chorus	9	10 No Lunch Learn to Play Mahjongg starts	11
12	13 BBQ Chicken	14	15 Chicken Schnitzel Chorus	16 NNORC Breakfast Club	17 Roast Turkey	18
19	20 Baked Salmon	21	22 Riva Chicken Chorus	23	24 No Lunch	25
26	27 Baked Chicken Walk with Ease Senior Planet: Virtual Museum	28 Walk with Ease Senior Planet: Hosting on Zoom	29 Turkey Meatloaf Drum Circle Chorus	30 Painting with Soft Pastels	31 Chicken Francaise Walk with Ease	

Register for programs online at www.albanyjcc.org or call 518-438-6651

- **Senior Planet MyChart at 11:00 am:** Has your doctor or healthcare provider ever mentioned MyChart? Come learn about this electronic health-record portal that works both in a web browser and app. We'll go over how MyChart can help you keep all your health information in one place, communicate with your providers, and have a virtual visit. You'll also learn about the portal's privacy and security features. Free.
- **Senior Planet: Spotify at 11:15am:** Spotify is a great digital music service for enjoying millions of songs, podcasts, and videos for free! In this lecture, you'll learn about Spotify's important features, including how to search for songs and create your own playlists. You'll also learn how to follow your friends and the artists you love. Free.
- **BINGO with Albany NNORC at 11:00 am:** Get ready to shout "BINGO" and win fantastic prizes! Free for adults 60+ years of age.
- **Community Chorus at 1:00 pm:** Participants must be able to carry a tune. Free for JCC Members.
- **NNORC Breakfast Club:** Please contact Marla at mgornstein@jfsneny.org.
- **Senior Planet: Virtual Museum Tour at 11:00 am:** Tour world famous museums from the comfort of your home! Did you know many of the world's leading museums have been making their collections and exhibits available to view virtually? In this lecture we'll explore some of these virtual galleries, as well as digital tools that help bring art, architecture, and history to life! Free.
- **Senior Planet: Hosting on Zoom at 11:15am:** Thinking about hosting your own Zoom meeting? In this introductory lecture, we'll go over what you need to start your first meeting, as well as some hosting tips to make it a success. You'll also learn about special features for hosts, including ways Zoom keeps your meetings secure. After this overview lecture, you'll be ready for our hands on workshops "Getting Started with Zoom" and "Hosting a Zoom Meeting," which include step-by-step instructions. Free.
- **Drum Circle at 11:00 am:** Let's drum up some fun with Maria Perez and members of the Women Drumming Circle of Albany! No experience needed. Drums provided. Fee: \$10.
- **Walk with Ease at 9:30am:** An exercise program that can reduce pain and improve overall health. Meets 3 times a week for 6 weeks. Fee: \$20 (includes book)