

## **Singles Outreach Services**

### **April 2025 Activities & Events!**

#### **Coming in April**

4<sup>th</sup> – Blue Ribbon Diner 4:30, T.V. Game Night 7:00

6<sup>th</sup> - Sing along Gala 3:00

11<sup>th</sup> Metro 7 Diner 4:00, Titanic Party 7:00 pm

13<sup>th</sup> – Fall prevention Speaker Sandra Balink 3:00

18<sup>th</sup> – Capitol City Diner 4:30 pm

20<sup>th</sup> - All-Inclusive Ham Dinner 2:00 pm

25<sup>th</sup> – Dinner at Blessings 4:00 pm.

25<sup>th</sup> - Singer Al Lawerence 7:00 pm

27<sup>th</sup> Speaker Paula Fidalgo, Positive Psychology Practitioner.

#### **Free Event!!!**

### **S.O.S. “Sounds of Singers” Gala**

Sunday April 6<sup>th</sup> starting at 3:00 pm. Come & be amazed as 4 Star Entertainment presents a two-hour concert Featuring Mel Wigler, Malcom Moran on keyboard, tenor soloist & guitar. Sherri Strichman soloist & keyboard. Solos by Janice Thompson, & soprano Leslie Boyer.

Variety Show with sing-alongs, requests taken from all genres, Jazz, Country/Western, Doo-wop Rock & Roll, Broadway Show Tunes, Theme songs from Academy award winning Movies, A Tribute to England. Amazing keyboard solos from pop to classical, Military Melody, Americana Melody, & more even classic oldies from the 30's & 40's. This is a “One of a Kind Spectacular!! Don't miss it!!

## **They're Back!!! Yay!!!**

That's right, you heard it here first, that dynamic duo that brings you Real World will be back in April! Welcome back Dave & Maria!

Kicking off their return will be Dave on Tuesday April 29<sup>th</sup> with his classic “What's New in the News?” Let's welcome them back with lots of support,

### **Singer Al Lawerence Returns!!**

An S.O.S. favorite will be returning on Friday April 25<sup>th</sup> at 7:00 pm to entertain us with a variety of tunes from his collection of almost one thousand songs. Can you stump him by requesting one he doesn't have? Come and find out, or just come and enjoy the show. \$10

### **Titanic Party!!**

Join us as we set sail for another fun event a dessert/movie night featuring “Titanic” a little bit of trivia, prizes, desserts, friends & fun come join us beginning at 7 pm. \$5

### **All-Inclusive Easter Dinner**

Easter Sunday April 20, at 2:00 pm. Come and enjoy an all-inclusive Ham Dinner with sides including scalloped potatoes, sweet potatoes, vegetables, beverage, dessert, and more. \$15 for reservations made in advance, \$20 at the door. Please R.S.V.P. by Thursday April 17<sup>th</sup>.

We are also looking to show the classic movie “Easter Parade” for your entertainment. For those interested games will follow the movie, come and enjoy the entire day with us.

## **Sunday After-Dinner Presentations in April**

**April 6** – Join us for a fun sing-a-long with a mystery leader in song. We'll celebrate the warmer weather with a joyous song-fest. Our leader has performed all over the Capital District so you will be in for a fun time.

**April 13** – Join Sandra Balink, who has a long-time commitment to Fall Prevention. From 2009-2016 she participated as a Tai Chi master in a grant program under the auspices of the NYSDOH and the Bureau of Injury Prevention to help reduce falls and to increase Falls Prevention awareness in NYS as a community representative. A very rewarding experience. She is accomplished in Tai Chi, Qui gong and Kung Fu as performer and Instructor.

**April 20** – Easter Sunday Dinner We'll prepare an all-inclusive Ham dinner, with scalloped potatoes, sweet potatoes, vegetables, dessert, beverage & more \$15 starting at 2 pm. How about showing "Easter Parade" the movie with Fred Astair and Judy Garland.

### **April 27 -- Hello, Singles Outreach of Albany!**

My name is Paula Fidalgo, and I can't wait to meet you.. As a Positive Psychology practitioner and author, I've dedicated the past 13 years of my life to helping people step into their power, shift their mindset, and create the life—and love—they truly deserve. One of the biggest lessons I've learned, and something I share in my book, *They Even Took My Shoes*, is that no matter what challenges we face, we always have the power to rise, heal, and attract what we desire.

Dr. Joe Dispenza teaches that our thoughts shape our reality. If we focus on past heartbreaks or what we don't want in a relationship, we unknowingly attract more of the same. But when we shift our energy, get crystal clear on what we do want, and release it to the universe with faith, amazing things happen. I know this firsthand because it happened to me.

After years of growth, reflection, and healing, I took the time to truly define what I wanted

in a partner—kindness, love, mutual respect, deep connection, and unwavering support. I wrote it down, visualized it, and most importantly, felt it before it even arrived. And then, when I least expected it, the universe brought the most wonderful man into my life—someone who embodies everything I had envisioned. Our love is strong, joyful, and deeply fulfilling, and it's proof that when we align our energy with our desires, they manifest in extraordinary ways.

If you're seeking love, I encourage you to:

1. **Get Clear on Your Vision** – Write down the qualities of your ideal relationship, focusing on the feelings you want to experience.
2. **Let Go of Past Hurts** – Release old wounds and trust that love is meant for you.
3. **Feel the Love Now** – Act as if love is already in your life. Radiate joy, confidence, and gratitude.
4. **Stay Open & Trust** – The right person may enter your life in unexpected ways, so embrace the journey.

In *They Even Took My Shoes*, I share Maria Crowe's (main character) journey of resilience, transformation, and stepping into my power. Life will always have its challenges, but when we reclaim our strength and align with the energy of love, we can create the relationships—and the life—we truly deserve.

I can't wait to share more with you all. Wishing you love, happiness, and the courage to manifest the life of your dreams!

Warmly, Paula Fidalgo

### **Square Dance Lessons**

Ron Schelhaas conducts square dance lessons in our community room on Thursday Nights. This is solely his event. If you are interested in attending, contact Ron directly for dates and times or changes (link in our weekly updates).

## **Dining Adventures**

**Friday April 4<sup>th</sup>** – Dinner at the Blue Ribbon, 1801 State Street in Schenectady. Meet there at 4:30 pm. Hosts Dave & Bonnie please R.S.V.P. by Thursday April 3<sup>rd</sup> 518-452-6883 lv. Message.

**Friday April 11<sup>th</sup>** – Dinner at the Metro 7 Diner, 1090 Troy-Schenectady Road Latham meet there at 4:00 pm. Hosts Dave & Bonnie Please R.S.V.P. by Thursday April 10<sup>th</sup> 518-452-6884 lv. Message.

**Friday April 18<sup>th</sup>** – Dinner at the Capital City Diner 1709 Western Avenue Albany Meet there at 4:30 pm. Hosts Dave & Bonnie, R.S.V.P. by Thursday April 17<sup>th</sup> 518-452-6883 lv. Message

**Friday April 25<sup>th</sup>** – Dinner at the Blessings Restaurant 116 Watervliet Shaker Road Colonie. Meet there at 4:00 pm. Hosts Dave & Bonnie R.S.V.P. by Thursday April 24<sup>th</sup> 518-452-6883 lv. Message

## **Mahjong Story**

I saw your announcement in the paper and thought I'd pass on a cute mahjong story. Several years ago, the New York Times had published an article about mahjong. A few days later, there appeared a letter to the editor. This man wrote that when he was young, his Mom used to play mahjong with the neighborhood ladies. His Dad taught physics at the Institute for Advanced Physics at Princeton and Dr Einstein was a frequent visitor to their home. He remembered Einstein stopping at the table where the ladies were playing, taking a few moments to observe and walking away, muttering "Too complicated."

We host Mahjong every Thursday at noon a great group that welcomes beginners and makes learning fun and little less complicated. Come and give it a try.

## **Meet Our Executive Director**

Ann Parillo has been involved with Singles Outreach for many years, working side-by-side with Founder, Gregg Millett for 30 years. She continues to support the mission of this organization as Executive Director, after Gregg left us in 2016.

Ann's background is varied: pharmacist pharmacy owner, college instructor and more in the field of her chosen career. She was born in Sch'dy and lived for a short time in Kansas, where her ex-husband was stationed at Fort Riley. She is a self-proclaimed cheer-leader for the City of Schenectady. She was awarded "Sch'dy Patroon" by the Mayor.

After retirement, she served as Chair of the City of Sch'dy Cable Commission and also Pres. of SACC-TV. The course of her path was thus changed.... She then became the producer and host of Capital Region Today and is now in her 27th (second career) year.

She has many other interests and enjoys working with Dave and the Board at Singles Outreach especially since it carries on the mission of Gregg, the love of her life.

She is the mother of three daughters (one deceased); eight grandchildren and six great-grandchildren. She is the step-mother of Gregg's six children and their families.

Editors note; Ann has been a member of Singles Outreach for a long time, and has fulfilled an active role as our Executive Director. Ann continues to serve in this role on a daily basis carrying out many duties behind the scenes which are vital to the day-to-day operations of our organization. Ann works tirelessly to achieve our goals she is greatly appreciated as a person, an Executive Director, but most of all as a friend.

## Weekly Events

### Sundays April 6,13,20,27

- Indoor tennis starts, 10:00 am contact Dan at 518-629-0088 for details
- Share a Dish Sunday dinner 2:00 pm (Programs after every Dinner this month!) Attend Sunday Dinner, Games after presenter. rest of time for one price. \$4/6

### Mondays April 7,14,21,28,

- Peer Support group 6:30

### Tuesdays April 1,8,15,22,29,, -- NEW TIME

- Real World discussion group 6:30 pm \$4/6
- April 1, "Fooled Yet?" Dave F.
- April 8, "Memories" Anthony C.
- April 15, "That Sinking Feeling" Dave F
- April 22, Topic "I'm Dead, Now What?" Jerry D.
- April 29, "What's New in The News?" Dave C.
- Blessings Tavern after for conversation

### Wednesdays April 5,12,19,26,

- League and Open bowling 6:15 pm at Sportsman Bowl 1652 Crane St. Rotterdam \$2 per game. Contact Judy at 518-374-0765 for info.

### Thursdays April 6,13,20,27,

- Outdoorsy stuff 9:30 am Enjoy walking and/or biking with a great group of friends followed by a lunch at a place chosen by the group. A different location each week. Watch the weekly update for info if John sends in time.
- Mahjong -- come and share the fun. Noon \$4/6 – Beginners welcome
- Square Dance Lessons beginning at 7 pm – A Ron Schelhaas event.

### Fridays April 7,14,21,28,

- Golf 9 am.
- Pinochle beginning at noon \$4/6
- Dining Adventures – four in April
- Check NL for Special Events

### Saturdays April 1, 8,15,22,29

- Game Night 7:00 pm enjoy an evening of games/cards with friends. Got a game you want to play bring it along. \$4/6

## Special Events

### Friday April 4<sup>th</sup>,

- Dinner at Blue Ribbon see page 3

### Sunday April 6<sup>th</sup>,

- Sing along Gala 3:00 pm see page 1 (after the Sunday Dinner) No Charge

### Friday April 11<sup>th</sup>

- Dinner at Metro 7 Diner see page 3
- Titanic Party see page 1

### Sunday April 13<sup>th</sup>

- Speaker on Fall Prevention, balance and safety see page 2

### Friday April 18<sup>th</sup>

- Dinner at Capital City Diner see page 3

### Sunday April 20<sup>th</sup>

- All-inclusive Easter Ham dinner --See page 1

### Friday April 25<sup>th</sup>

- Dinner at Blessings Restaurant see page 3
- Concert singer Al Lawerence see page 1

### Sunday April 27<sup>th</sup>,

- Presenter/Journalist/Author, Paula Fidalgo "They Even Took My Shoes" – Positive Psychology Practitioner – After Sunday Dinner See complete write up on page 2

# April 2025 Calendar

## Singles Outreach Services Inc./Capital Region Social Happenings 518-452-6883

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>March 30</b> Outdoor Tennis 10 am Share a Dish Dinner 2 pm Potluck 2 pm Games at 4 pm	<b>March 31</b> Peer Support Group 6:30 pm	<b>April 1</b> <b>Real World</b> <b>6:30 pm</b> <b>"Fooled Yet"</b> <b>Dave F.</b> Snacks at Blessings at 8:30 pm	<b>April 2</b> Bowling 6:15 pm	<b>April 3</b> Outdoorsy 9:30 am Mahjong/Games 12 Noon Square dance lessons 7 pm	<b>April 4</b> Golf 9 am Pinochle 12 Noon Blue Ribbon 4:30 <b>T.V. Game</b> <b>Night 7 PM</b>	<b>April 5</b> <b>Albany</b> <b>Bombers</b> <b>Hockey game</b> <b>5:00 pm</b> Game Night 7 pm
<b>April 6</b> Outdoor Tennis 10 am Share a Dish Dinner 2 pm Gala Sing along 3 pm & concert Games 6 p.m.	<b>April 7</b> Peer Support Group 6:30 pm	<b>April 8</b> <b>Real World</b> <b>6:30 pm</b> <b>"Memories Why</b> <b>do we Hold Them</b> <b>so Dear?"</b> <b>Anthony C.</b> Snacks at Blessings at 8:30 pm	<b>April 9</b> Bowling 6:15 pm	<b>April 10</b> Outdoorsy 9:30 am Board Meeting 10 am Mahjong/Game 12 Noon Square dance lessons 7 pm	<b>April 11</b> Golf 9 am Pinochle 12 Noon Metro 7 Diner 4 pm <b>Titanic</b> <b>Party</b> <b>7 pm</b>	<b>April 12</b> Game Night 7 pm
<b>April 13</b> indoor Tennis 10 am <b>Share a Dish</b> <b>Dinner 2 pm</b> <b>Speaker 3pm</b> <b>see pg. 2</b> Games to follow	<b>April 14</b> Peer Support Group 6:30 pm Newsletter deadline	<b>April 15</b> <b>Real World</b> <b>6:30 pm</b> <b>"That Sinking</b> <b>Feeling"</b> <b>Dave F</b> Snacks at Blessings at 8:30 pm	<b>April 16</b> Bowling 6:15 pm	<b>April 17</b> Outdoorsy 9:30 am Mahjong/Games 12 Noon Square dance lessons 7 pm	<b>April 18</b> Golf 9 am Pinochle 12 Noon Capital City Diner 4:30 p.m.	<b>April 19</b> Game Night 7 pm
<b>April 20</b> <b>Happy Easter</b> Indoor Tennis 10 am <b>All inclusive</b> <b>Ham Dinner</b> <b>2 pm</b> <b>&amp; Movie</b> Games to follow	<b>April 21</b> Newsletter Mailing Peer Support Group 6:30 pm	<b>April 22</b> <b>Real World</b> <b>6:30 pm</b> <b>"I'm Dead; Now</b> <b>What?"</b> <b>Jerry D.</b> Snacks at Blessings at 8:30 pm	<b>April 23</b> Bowling 6:15 pm	<b>April 24</b> Outdoorsy 9:30 am Mahjong/Games 12 Noon Square dance lessons 7 pm	<b>April 25</b> Golf 9 am Pinochle 12 Noon <b>Concert Al</b> <b>Lawrence</b> <b>7 pm</b> Dinner at Blessings Tavern 4 pm	<b>April 26</b> Game Night 7 pm
<b>April 27</b> indoor Tennis 10 am Share a Dish Dinner 2 pm Paula Fidalgo 3 pm Games at 5 pm	<b>April 28</b> Peer Support Group 6:30 pm	<b>April 29</b> <b>Real World</b> <b>6:30 pm</b> <b>"What's New in</b> <b>The News?"</b> <b>Dave C.</b> Snacks at Blessings at 8:30 pm	<b>April 30</b> Bowling 6:15 pm	<b>May 1</b> Outdoorsy 9:30 am Mahjong/Games 12 Noon Square dance lessons 7 pm	<b>May 2</b> Golf 9 am Pinochle 12 Noon	<b>May 3</b> Game Night 7 pm

Activities for Singles  
April 2025 Newsletter  
518-452-6883

Singles Outreach Services Inc.  
Hanover Square Bldg.  
435 New Karner Road Box 301,  
Albany, NY 12205  
Community Room located at  
Hanover Square (Hill Entrance)

**EXCITING APRIL**  
**Something Special after every**  
**Sunday Dinner**  
**Dining Adventures.**  
**Titanic Party**  
**Concert with Al Lawrence**  
**And much, much more**  
**Check the calendar**

PLACE  
STAMP  
HERE



**Reminder that Membership  
cards are sent out the last  
week of the month. Watch  
your mail.**

**April 2025      Activities for Singles**

[www.SinglesOutreach.org](http://www.SinglesOutreach.org)  
[SOS@SinglesOutreach.org](mailto:SOS@SinglesOutreach.org)

### **Directions to our Community Room and Office**

From 2W of Northway, go West on Central Ave. for 1.7 mi, turn right on New Karner Rd. (Rt. 155 – Rite Aid on corner) for 0.6 mi. Hanover Square is on the right, set back from the road. Middle door on right side of bldg. is labeled “Hill St.” entrance. In lobby, left door on ground floor. (435 Address sign at road & Flag at our door)

### **How to Join Us**

You are invited to join Singles Outreach Services, Inc. We are a not-for-profit corporation that provides activities for unattached people. Please join us at one of our events as a guest (small charge). We can provide you with a membership form to complete. One year is only \$30, which helps us support our mission and our office and community room. You will also receive a monthly calendar by email (provide and email) or as printed copy in your mailbox without an email. Providing an email allows us to send you a weekly update, which provides you with last minute changes or updates on existing calendar events.

**Volunteers Always Needed!** Do you have time to host an event or an idea for an event to be held in our community room? If so, please contact us we are always looking for new idea.

**Singles Outreach Officers and Board Members:** **President:** David Freeman; **1st Vice President** Esther Miklic; **2nd Vice President:** Gerald Boileau; **Secretary:** Bonnie Russell; **Notetaker:** Ann Parillo; **Treasurer** Judy DesChamps; **Asst. Treasurer** Scott Stewart; **Programming:** Bonnie Lee Russell, **Marketing:** Debra Gugig Bauer; **Website:** Sam Gallucci; & Janice Livingston. **Advisors** Jerry Durovic, Maria Immediato, Ann Parillo & Joan Slingerland. **Executive Director** Ann Parillo. **Heading up the following activities:** **Bowling:** Judy DesChamps; **Game Night:** Luella Dozois & Dave Freeman, **Memberships, Weekly Updates & Communication and PR:** Ann Parillo; **Newsletter, Mahjong:** Dave Freeman, **Outdoor Activities:** John Feret; **Real World:** Maria Immediato; **Tennis:** Dan Streever; **Golf:** Martha Zibro & **Pinochle:** Carole Praga.