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| **Date(s)** | **Time** | **Event** | **Venue** | **Price** |
| Every Sunday in May | 10-2 | Schenectady Greenmarket Farmers Market | Jay Street, Downtown Schenectady | Free |
| May 1, 8, 15, 22, 29 | 5:30pm - 7pm | Mental Health Second Relatives Family Support Group | CDPC Franklin St. Clinic,  Please call ahead.  Frank Greco, (518)374-3403 | Free |
| May 2,6,16,20 | 1-3pm | Mental Health Family Support Group | 427 Guy Park Ave, Amsterdam NY 3 rd Fl. Group Room D | Free |
| May 3, 10,17,24,31 | 6pm | Mental Health Relative Support Group | Ellis Hospital, Classroom B-3  Please call ahead if this will be your first support group:  Kevin Moran, (518) 243-4255 | Free |
| May 4,11,18,25 | 6pm -7pm | May Evening Meditations | Spirit Tree Connections, Cohoes | $10 |
| May 6, 13, 20 | 10:30-11:30am | Kid’s Art Time | C.R.E.A.T.E. Community Studios 137 State St. Schenectady | $10 per week |
| May 4 | 6-8:30pm | April Showers Carnival  (All proceeds go to Schenectady YWCA) | Schenectady High School (Gym) | $3 to get in & .25 per game ticket  (bring a new towel to get two free game tickets) |
| May 6 | 9am | AmpUp! Walk/Run to End Bladder Cancer | [River Road Park](https://dailygazette.com/events#!/show/?ser=River%20Road%20Park)  2850 River Road  Niskayuna, NY | Fundraiser Event |
| May 6 | 1-3pm | Birding Hike at Mosher Marsh | [Mosher Marsh](https://dailygazette.com/events#!/show/?ser=Mosher%20Marsh)  Manny Corners Road  Hagaman, NY | Free |
| May 7th | 2-4pm | Family Zumba- Kids of all ages welcome | Best Fitness in Albany | Free and open to the public. |
| May 8, 15 | 9:30am | Family Storytime  For children 5 and under | Central Library 99 Clinton St., Schenectady | Free |
| May 9, 16, 23 | 6pm | Yoga Workshop Series | Spirit Tree Connections, Cohoes | $12 per class  $30 for the series |
| May 10 | 6:30pm - 9:30pm | Reiki Share | Spirit Tree Connections, Cohoes | $10 |
| May 13&14 | 11am-6pm | Annual Tulip Fest | Washington Park, Albany | Free |
| May 13 | 9:30am - 12:00pm | Summer Smith 5k Addiction Awareness Memorial Run | [Guilderland High School](https://dailygazette.com/events#!/show/?ser=Guilderland%20Center)  Guilderland, NY | $25 |
| May 13 | 10am -1pm | Family Wilderness Crafts with Ondatra Adventures | [Mohawk Hudson Land Conservancy](https://dailygazette.com/events#!/show/?ser=Mohawk%20Hudson%20Land%20Conservancy)  Albany, NY | Free |
| May 21 | 7:30am | SPAC Rock + Run Half Marathon,10K, 5K & Kids Dash | Saratoga | $60  $45  $35  $10 |
| Saturday May 20th, 27th | 9am-1pm | The Crossings Farmers Market | Crossings Park, Colonie | Free |