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MEDIA ADVISORY

Shaker Pointe Residents to Perform Flash Mob at NYS Capitol

*Senior living community to highlight importance of
staying active in the Golden Years.*

(Latham, N.Y.)—Residents of [Shaker Pointe at Carondelet](#), a senior living community in Latham, will all don matching activewear and perform a Flash Mob to an upbeat medley of popular songs. The message is simple: it is never too late to be active.

WHO: About twenty Golden Aged residents from Shaker Pointe in matching outfits and their fitness instructor.

WHAT: Flash Mob performance

WHERE: NYS Capitol, West Lawn

WHEN: **Monday, September 17, 2018**
12:30pm
Residents will depart Shaker Pointe at 11:30am
Performance will last about 4 to 5 minutes.

DETAILS: To learn more, please visit [ShakerPointe.org](#). For interviews, please reach out to Paul Fahey.