

**LOOK** Galleries, Museums and Other Fun Things To See



**Argyle Gallery :: 46 Fourth St., Block C6**

Artist's Choice Exhibition :: presenting a free-form exhibition of works by a collective of artists from the local area. Please join us for a night of conversation and libation at this artist/social gathering space. Doors open at 6 pm.

**The Arts Center of the Capital Region**

**265 River St., Block E6**

Join us at the Arts Center for two exhibition openings, The Art of Seed, Hudson Valley Seed Co. and Troy River City, Living with Water in Troy. There will be dance performances in our Black Box Theater featuring inspired and insightful modern dance by At First Glance, a group of 8 Eight local choreographers and dancers, Tech Valley will stop by for games in our Digital Studio, and our studios will be open to tour. Stop by!

**Christ United Methodist Church :: 35 State St., Block C7**

Hosting a benefit Spaghetti and meatball dinner to raise funds for 4 local Troy organizations. This year will mark the 15th time the groups have partnered to raise funds and bring awareness to many vital services Troy local charities provide to the people of our great city. Adults \$14, Children \$8; 5p-8p. Take Out available. Funds from this year's dinner will go to TAUM, Unity House, YWCA, Joseph's House.

**Clement Frame & Art Gallery :: 201 Broadway, Block E7**

"Living with Nature" by Shelley Valachovic, March 31 - April 26. Shelly and Pete built a cabin in the Adirondacks where they live completely off the grid. Shelly paints watercolors of the wildflowers and other intimate glimpses of subjects surrounding her. She also fashions beautiful baskets from pine needles and hemlock bark. Don't miss this unique Show. Artist Reception 6-9PM.

**Martinez Gallery :: 5 Broadway, Suite 203, Block E7**

Current Exhibition: Possibilities, George Simmons and Jeanne Finley, fine art photography, drawings, and paintings. Enhance your I.Q. and mental health shopping our terrific inventory of art and jewelry—10% off. Like us on Facebook and 1stdibs.

**Photography Center of the Capital District**

**404 River St., Block C4**

The Photography Center of the Capital District hosts the opening reception for "Etudes au Naturel:" Figure Studies by David Aimone and Florin Ion Firimita, 5 to 9 P.M. Free and open to the public. www.photocentertroy.org

**Photographic Expressions Studio & Gallery, LLC**

**455 Broadway, Block C7**

POP UP Art Show, One night Only. Artist Rosy Sunshine's debut exhibition "Ancestral Vessels of Feminist Resistance." An Immersive Experience of vibrant feminist art. Free, Open to Public. (518) 621-5360

**Rensselaer County Historical Society :: 57 2nd St., Block E8**

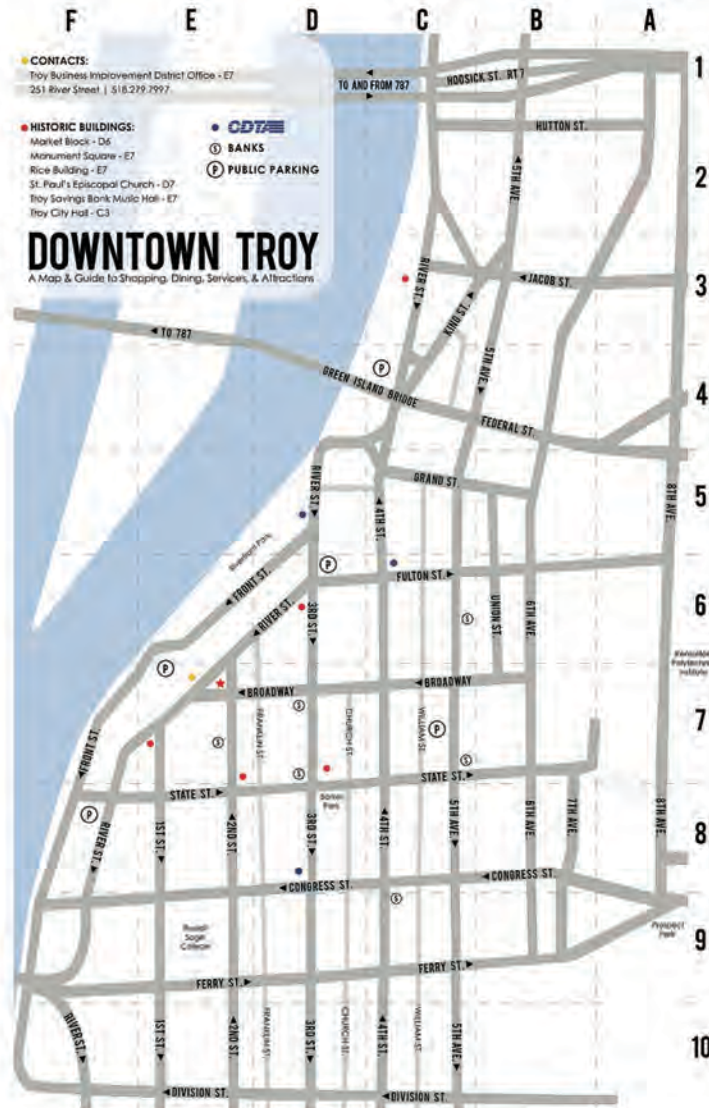
Join RCHS for the opening of our new exhibit: Get the Word Out: Signs of the Time. We pass by them daily. They help us to get from one place to another. They try to sell us the things we need, and some that we don't need, too. They mark the places and events that tell our shared history. Light refreshments will be served. 5 to 8 pm.



**DowntownTroy.Org**

Download the EventStroll app to your iPhone or Droid to have all the TNO info at your fingertips!

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#TNO



**TROY NIGHT OUT**

LAST FRIDAY OF EVERY MONTH

**HUSTLE INTO  
HEALTH  
& WELLNESS**



DOWNTOWNTROY.ORG

THANK YOU TO OUR SPONSORS!







## **TOUCH** Shop, Shop, Shop

### **Ace Hardware of Troy :: 63 3rd St., Block D8**

Ace Hardware of Troy is offering complimentary tea & cookies for this month's TNO, plus \$5 off any home décor item or cook book over \$25. Offers good from 5pm-8pm. Store hours will be 8am-8pm.

### **Artcentric Marketplace :: 266 River St., Block E7**

Offering the healthy glow of a salt lamp for \$25 and 5 packs of incense for \$10. Come shop and be happy.

### **Flowers By Pesha :: 177 River St., Block F8**

We will be with the "Spring Into Health and Wellness Fair" at the Troy Innovation Garage. Stop by our table and see the Fresh Aromatic Flowers, Clean Air Plants and Flower Scented Candles. Spring is on the way! Call our shop or stop by. (518) 272-1980

### **Forage + Sundry :: 53 3rd St., Block D7**

Spring Wellness Shrub soda cocktails with The Hudson Standard! 15% off all merchandise when you purchase a bottle of Shrub!

### **FunCycled :: 272 River St., Block D6**

FunCycled not only has upcycled and custom built furniture, but we also sell Young Living Essential Oils in our store and soy candles. 10% off all essential oils during the March Troy night out! We will also be set up at the Troy Innovation Garage with information about how to use essential oils and make and take oil rollers. Come say hi and start improving the health of your home today!

### **Hippies, Witches & Gypsies :: 212 River St., Block F7**

TNO Noon-8:00pm . Stop by our shoppe for a sensory experience of peace & calm. Our shoppe is filled with calming aromas, peaceful energies & friendly smiles, all which are free!

### **Jean's Greens :: 225 River St., Block E7**

Spring into wellness at Jean's Greens! Welcome the change of season with our selection of herbal products for you and your home. For spring cleaning, check out our essential oils, DIY supplies and more to help give your cleaning a natural boost. Come on in for DIY recipes and tips!

### **JK Bloom Jewelers LLC :: 21 3rd St., Block D6**

Stop in at JK Bloom Jewelers and check out Qualo "The Functional Wedding Ring for An Active Lifestyle." These silicon wedding rings are made for the gym, the job, for every adventure. Available for only \$19.99, they are a must for the active, healthy person.

### **Nine Steps Away to Africa :: 199 River St., Block F7**

African jewelry, silver, Dashiki clothing, Drums, Shea butter, black soaps etc...10% off the drums

### **Segel Violins :: 44 3rd St., Block D7**

MUSIC is good for the mind, body & spirit! Come and enjoy as members of the local American Recorder Society group play beautiful music and share their joy of the recorder and amateur music making! 6:30 - 8:30. Music is for EVERYONE! Info: (518) 266-9732.

### **T and J Soap :: 271 River St., Block E7**

Welcome spring with one of our special edition floral scented soaps. Our moisturizing handmade soaps, lotions, bath bombs & soaks will help get rid of that dry winter skin. Handmade right in Troy, NY. (518) 272-2660

### **Topsy Curvy Boutique :: 33 Second St., Block E7**

Shop the latest inventory during our Grand Opening celebration! Check out spring clothing with sizes ranging from small to 3X.

### **Troy Cloth and Paper :: 291 River St., Block E7**

Come out to Troy Cloth & Paper for a live poster printing. Students save 10% with student ID.

### **Truly Rhe :: One Broadway, Block E7**

Come check out our new Active/Yoga wall. Just arrived, brand new yoga leggings, tanks and yoga matt carry bags. See you there!

### **Uncle Sam's Good & Natural Products :: 77 4th St., Block C7**

Your complete organic health food store serving the community since 1987. Large selection of organic food and vegetables, bulk herbs, teas, coffee, grains, house hold biodegradable hypoallergenic products, and large selections of quality vitamins and herbs.

### **22 Second Street Wine Co. :: 22 2nd St., Block E7**

Check out the Capital District's only organic, biodynamic, and natural-focused wine shop. Wine tasting from 6-8pm. (518) 874-1244



## **TASTE** All Things Food & Drink

### **The Beer Diviner :: 461 Broadway, Block C7**

Troy Night Out is RPI OUT at the Beer Diviner. Join us for a special RPI appreciation night. Special pricing on our hand-crafted beer and food all night for those who present RPI campus cards. Meet and Greet our Divine Beer and fellow Rensselaer campus mates. Live music with Scottish singer/songwriter, Lorain O'Reilly. soundcloud.com/coreilly

### **Beirut Restaurant :: 184 River St., Block F8**

Family owned authentic Lebanese and Mediterranean Restaurant. Enjoy a complimentary small appetizer with each 2 of our meat entrees. 10% discount for students!

### **The Bradley :: 28 4th St., Block C5**

Stop by for a SNEAK PREVIEW of The Bradley, Troy's newest bar and events venue. Located between Grand & Fulton.

### **Collar City Sweet Shoppe & Mercantile :: 45 3rd St., Block D7**

We are not just candy anymore. Check out our all our new merchandise. Home furnishings, tote bags and more! We also have a great selection of Easter candy!

### **The Daily Grind :: 46 3rd St., Block D7**

The Daily Grind is back at it this month with our Bluegrass Friday. We will be displaying art by Mila Roe. Her eclectic style of art is the perfect match for our laid back cafe environment.

### **little pecks :: 211 Broadway, Block E7**

Hot Dog Pop Up 4:00 PM - close

### **Lucas Confectionery :: 12 2nd St., Block E7**

Hot Dog Pop Up 4PM – close. Late Night Sparkling Happy Hour 8PM - close

### **Mab's Kitchen :: 203 River St., Block F7**

Spring into wellness with healthy, homemade soups and salads!

### **Muddaddy Flats :: 49 3rd St., Block D7**

Featuring Heart Attack Mac, Pulled Pork and Bacon Mac-n-Cheese. Sometimes even the healthiest have to Go Big or Go Home. Part of wellness is being bold, knowing you can face a challenge. You can have your pork and eat it too.

### **Peck's Arcade :: 217 Broadway, Block E7**

Call for dinner reservations 518.326.3450 x1 5:00 PM - 10:45 PM

### **Plumb Oyster Bar :: 15 2nd St., Block E7**

Come join us for cocktails, great food, and oysters from 4pm - 11pm!

### **The Shop :: 135 4th St., Block C9**

Stop by The Shop for a plate of comfort food and a cocktail with friends! Try our many vegetarian, vegan, and gluten free options!

### **Sunhee's Farm and Kitchen :: 95 Ferry St., Block C9**

Join us for good Korean food made with fresh and local ingredients including homemade kimchi. Kitchen open until 10pm. Bar featuring soju, rice wines, and draft beers also available.

### **Takk House :: 55 3rd St., Block D7**

5-9pm TONICO Pop-Up brings you a fun night of Tostadas, Cheladas and Tonics! A tostada is a delicious layering of toppings on a crunchy tortilla. The beverage menu includes craft beer and cider, TONICO's house-made kombucha, a fizzy tropical pineapple fermented tonic called Tepache and micheladas, the classic beer cocktail. \* Vegan options will be available.

### **Tavern Bar :: 217 Broadway, Block E7**

Happy Hour (cocktails, wine & beer) 5:00 pm - 7:00 pm. Hot Dog Pop Up 5:00pm - close

### **The Whistling Kettle :: 254 Broadway, Block D7**

Tea Tasting Dinner, plus 10% of Purple Tea Sales go to the American Cancer Society

### **Unagi Sushi :: 118 4th St., Block C8**

Free Miso Soup (per person) or free Edamame (1 bowl for the table). Reservation is recommended.

## **DO** Performing Arts & Other Cool Things You Just Can't Miss!



### **The Balance Loft :: 11 State St., Block E8**

Move into fitness with Full Body Power Barre at 5:30pm and stay to mingle and take advantage of the March Madness unlimited yoga and barre class promo!

### **Kelly Kendall Salon on Second :: 31 2nd St., Block E7**

Stop in to the salon to schedule your next makeover to look your best this spring. Enjoy shopping Hudson Rose Creations during the evening.

### **Lotus Wellness Studio :: 1813 5th Ave., Block C6**

Offering 2 community yoga classes: 5:45-6:45 - Gentle Vinyasa with Deborah Bleau + 7:00-8:00 - Vinyasa Flow with Delaney Rives. Massage and Facial discounts: While at the studio during Troy Night, schedule a 1 hour massage and receive \$20 off. Schedule a 45 min facial while at the studio during Troy Night and receive \$10 off. Also, featuring a lineup of aroma therapy candles from Collar City Candle.

### **Lux Massage Therapy :: 207 River St., Block E7**

Lux offers chair massage for \$1/minute. Walk-in or schedule ahead by calling (512) 663-0172. Come visit us either way!

### **Troy Dance Factory :: 291 River St., Block D6**

TDF offers professional dance lessons to ages 4 and up, with MANY adult classes. Find us online and follow us on Instagram to see photos, videos, and event announcements

### **Troy Innovation Garage :: 24 4th St., Block C5**

25+ outstanding businesses! Sample delicious food and drink! Enjoy mini hands-on healing sessions: massage; Healing Touch; physical therapy; Shiatsu! Learn about the hottest trends in nutrition (e.g. veganism); holistic pharmacy; meditation; Troy food tours! Bring home air cleaning plants! Meet farmers growing organic produce and free-range meats! Held at the amazing new Troy Innovation Garage from 5-9 on March 31st—Troy Night Out. No cost parking across from the event in the Uncle Sam Garage. See you there! Sponsored by Grow Your SeasonsTM—Unique Marketing for Your Food Venture.

### **Troy Public Library :: 100 2nd St., Block E9**

Kate Mullany and the National Significance of a Laundry Workers' Strike - In early 1864, a nineteen-year-old Irish immigrant named Kate Mullany organized the shirt collar laundry workers of Troy, New York, into the nation's first truly all-female labor union. Their weeklong strike yielded them a twenty-five per cent raise and vaulted Mullany to national prominence. Today, the house that she bought for her family is a National Historic Site and the home of the American Labor Studies Center, which helps educate young Americans about the history of labor in the United States. This talk will tell that story. Come join us as we celebrate National Women's History Month. Presented by P. Thomas Carroll.

### **Troy Savings Bank Music Hall :: 30 2nd St., Block E8**

The Brubeck Brothers Quartet, 7:30 PM – Representing a legacy of great jazz! This is a ticketed event, tickets are for sale at the Hall's Box Office. troymusicall.org