

Educational/Historical

- New York State Museum <http://www.nysm.nysed.gov/> (Albany)
- American Italian Heritage Museum <https://americanitalianmuseum.org/AIHA-Museum.html> (Albany)
- Irish American Heritage Museum <https://irish-us.org/> (Albany)
- Hart Cluett Museum <https://www.hartcluett.org/> (Troy)
- Waterford Historical Museum and Cultural Center <https://waterfordmuseum.com/> (Waterford)
- Underground Railroad Education Center <https://undergroundrailroadhistory.org/> (Albany)
- Shaker Heritage Society <https://home.shakerheritage.org/> (Albany)
- Historical Cherry Hill <https://www.historiccherryhill.org/> (Albany)
- Schenectady County Historical Society <https://schenectadyhistorical.org/> (Schenectady)
- USS Albany Heritage Exhibit <https://ussalbany.org/uss-albany-journey-heritage-exhibit/> (Albany)
- USS Slater <https://usslater.org/> (Albany)
- Schuyler Mansion <https://parks.ny.gov/historic-sites/33/details.aspx> (Albany)
- Ten Broeck Mansion <https://tenbroeckmansion.org/> (Albany)

Science/Environment/Animals

- Edison Tech Center <https://edisontechcenter.org/> (Schenectady)
- The Dudley Observatory <http://dudleyobservatory.org/> (Loudonville)
- Museum of Innovation & Science (MiSci) + Planetarium <https://www.misci.org/about-misci/> (Schenectady)
- Empire State Aerosciences Museum <https://www.esam.org/> (Glenville)
- Albany Pine Bush Preserve Discovery Center <https://albanypinebush.org/index.php> (Albany)

Art Centers/Galleries

- Empire State Plaza Art Collection <https://empirestateplaza.ny.gov/art> (Albany)
- The Arts Center of the Capital Region <https://www.artscenteronline.org/> (Troy)
- Mandeville Gallery at Union College <https://muse.union.edu/mandeville/> (Schenectady)
- Opalka Gallery <https://opalka.sage.edu/> (Albany)
- Albany Institute of History & Art <https://www.albanyinstitute.org/> (Albany)
- Albany Center Gallery <https://albanycentergallery.org/> (Albany)
- NY Folklore <https://nyfolklore.org/> (Schenectady)
- Bear and Bird Boutique & Gallery <https://www.bearandbird.com/> (Schenectady)
- Albany Art Room <https://www.albanyartroom.com/> (Albany)
- Art in Mind <https://artinmindstudio.com/> (Glenville)

Performance Venues

- MVP Arena <https://www.mvparena.com/> (Albany)
- The Linda Performing Arts Studio <https://www.thelinda.org/> (Albany)

- Cohoes Music Hall <https://www.thecohoesmusicall.org/> (Cohoes)
- Palace Theatre <https://www.palacealbany.org/> (Albany)
- Troy Savings Bank Music Hall <https://www.troymusicall.org/> (Troy)
- Capital Repertory Theatre <https://capitalrep.org/> (Albany)
- The Egg Center for Performing Arts <https://www.theegg.org/> (Albany)
- Proctors Theater <https://www.proctors.org/> (Schenectady)
- Schenectady Light Opera Company <http://sloctheater.org/> (Schenectady)
- Playhouse Stage Company <http://playhousestage.org/> (Cohoes)
- Funny Bone <https://albany.funnybone.com/> (Albany)
- Lark Hall <https://larkhallalbany.com/> (Albany)
- Schenectady Symphony Orchestra <https://schenectadysymphony.com/> (Schenectady)

Sports

- Tri-City ValleyCats (Baseball) <https://www.milb.com/tri-city-valleycats> (Troy)
- Albany Firewolves (Lacrosse) <https://albanyfirewolves.com/> (Albany)
- Albany Empire (Arena Football) <https://www.mvparena.com/events/albany-empire> (Albany)
- New York Shockers (Soccer) <https://www.newyorkshockers.com/> (Colonie)
- Albany Knickerbockers (Rugby) <http://www.albanyknicks.org/> (Albany)
- Siena Saints (College Sports) <https://sienasaints.com/> (Loudonville)
- UAlbany Great Danes (College Sports) <https://ualbanysports.com/> (Albany)
- Union College Dutchmen (College Sports) <https://unionathletics.com/index.aspx> (Schenectady)

Ongoing Events

- **12/2/20 - 3/5/23** Empire State Plaza Ice Skating <https://empirestateplaza.ny.gov/ice-rink> (Albany)
- **Year Round** - Tour the New York State Capitol <https://empirestateplaza.ny.gov/tours/new-york-state-capitol> (Albany)
- **Year Round** - Troy Waterfront Farmers Market <https://www.troymarket.org/> (Troy)
- **Year Round** - Ghosts of Albany <https://ghostsofalbany.com/> (Albany)

Miscellaneous

- Corning Tower Observation Deck <https://empirestateplaza.ny.gov/corning-tower-observation-deck> (Albany)
- Memorials on the Plaza <https://empirestateplaza.ny.gov/memorials> (Albany)
- Albany Barn <https://albanybarn.org/> (Albany)
- Dutch Apple Cruises <https://www.dutchapplecruises.com/> (Albany)
- Discover Albany Visitors Center <https://www.albany.org/about/visitors-center/> (Albany)

Fun

- Dave and Buster's <https://www.daveandbusters.com/locations/albany> (Albany)
- 5 Wits <https://5-wits.com/albany/> (Albany)

- Rollarama <https://www.rollarama.com/> (Schenectady)
- Get Air <https://getairsports.com/> (Albany)
- Del Lanes <https://bowldel.com/> (Delmar)

On Campus Info

Download Liberate! This meditation app is a fantastic resource for Black students looking to develop a daily meditation habit. For more resources for BIPOC mental health, visit the [Counseling Center website!](#)

Saint Rose's Chest Binder Program: Saint Rose students who identify as trans and/or nonbinary are eligible to get one FREE chest binder from the Counseling Center every semester. For more info, call our counselors at 518.454.5200, or send them an email at counseling@strose.edu.

Save on coffee and treats with your student ID! Did you know that many local cafes and restaurants, like Bard & Baker, Iron Coffee Co., and Unbelievable Nutrition, offer discounts for Saint Rose students? All you need is your student ID and you'll be treating yourself in no time!

Saint Rose Clubs

- Student Association
- Yoga
- Happiness 101
- Fun with Friends
- Saint Rose Chronicle
- Identity Club
- Saint Rose TV
- English Club
- League of Extraordinary Gentlemen
- Debate Club
- Rose Record Label Group
- Saint Rose Theater Company
- Girls Next Door
- Golden Notes
- Golden Knights Dance
- Golden Vybz
- ALANA Steppers
- Council for Exceptional Children
- Natural Science Association
- Best Buddies Saint Rose
- Crate of Apes?
- Sabor Latino
- Black Student Union
- Late Knight