









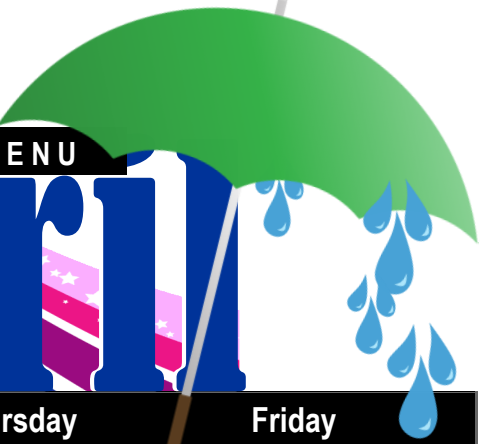
Meals prepared by
Mazzone Catering
 CSSC, Inc. was established
 in 1981 as a duly authorized
 501(c)(3) not-for-profit
 corporation

LUNCHEON MENU

april

Lunch Meals are Served at Noon
www.colonieseniors.org

Monday	Tuesday	Wednesday	Thursday	Friday
4/1 Chicken Sausage Sandwich w/ Peppers & Onions Coleslaw w/ Carrots Seasonal Berry Yogurt Whip	4/2 Macaroni & Cheese Peas & Carrots Tropical Fruit Salad 	4/3 Chicken Marsala w/ Brown Rice Sautéed Spinach Cranberry Juice Ice Cream w/ Chocolate Sauce	4/4 Spaghetti & Meatballs Green Beans Strawberry Rhubarb Pie	4/5 Shrimp Scampi w/ Angel Hair Pasta Chocolate Pudding SPECIAL LUNCH HAPPY HOUR Tie-dyed Easter eggs
4/8 Spinach Frittata Chickpea Salad Orange Juice Carrot Cake 	4/9 Chicken Pesto Bake w/ Rice Pilaf Sautéed Green Beans Strawberry Shortcake Lunch & Learn	4/10 Eggplant Parmesan w/ Ziti Sautéed Summer Squash Warm Apple Crisp w/ Whipped Cream	4/11 Meatball Sub Sandwich Green Salad Watermelon 	4/12 Seafood Macaroni & Cheese Broccoli Peaches & Cream HAPPY HOUR Be Fit be Fly with Latoya
4/15 Cobb Salad w/ Hard Boiled Egg, Chicken, Bacon & Croutons Melon Oatmeal Cookie SPECIAL DINNER	4/16 Stuffed Pepper w/ Ground Beef, Rice & Cheese California Veggies Berry Pie	4/17 Summer Vegetable Chili Corn Bread Spinach Salad Vanilla Pudding w/ Mixed Berries	4/18 Chicken Waldorf Salad On a Bed of Lettuce Beet Salad Cherry Yogurt Whip 	4/19 Salmon Cakes Roasted Red Potatoes Parsley Carrots Cinnamon Pears HAPPY HOUR Devil'd Egg Tasting
4/22 Pot Roast w/ Veggies Roasted Sweet Potatoes Orange Juice Italian Ice 	4/23 BLT Bow Tie Pasta Salad Cucumber Salad Peaches & Cream	4/24 Meat Lasagna Italian Veggies Seasonal Berries w/ Pound Cake	4/25 Chicken Fricasse Sweet Potatoes Brussels Sprouts Raspberry Sorbet Lunch & Learn	4/26 Veggie Pizza Green Salad Ice Cream w/ Chocolate HAPPY HOUR Trivia! Prizes!
4/29 BBQ Chicken Thighs Potato Salad Baked Beans Tomato Cucumber Salad Corn Bread Ice Cream w/ Strawberries	4/30 Turkey Sandwich w/ Cranberry Mayo Rainbow Pasta Salad Mandarin Oranges Sugar Cookie 	This program is funded in part by the Albany County Dept. for Aging, NYS Office for the Aging, Administration for Community Living, Town of Colonie and participant contributions. This program is an equal opportunity provider.		



Please call 459-2857 ext. 303 with reservations by 12 noon of the previous business day.

Special Lunches • Special Dinners • Lunch & Learn At The Beltrone Living Center

Special Lunch Special Dinner

Reservations
MUST be
made by
4/12



April 5 at noon

Our friend **Cole Broderick** will be here for an enjoyable afternoon of piano music from the great American songbook, including favorites by **Benny Goodman, Cole Porter and Duke Ellington.**

Lunch will be shrimp scampi with angel hair pasta and chocolate pudding. Suggested donation of \$6.

April 15 at 5 p.m.

Good times with the Forgettable Four!

Our favorite singing quartet will be back for an evening of barbershop quartet songs and hear such favorites as the **Everly Brothers,**

Beach Boys, Beatles and so much more. **Greek style chicken with mashed potatoes, carrots and lemon pie** will be served.

Suggested donation of \$6.



APRIL LUNCH & LEARNS

alzheimer's  association®

April 9 at noon

"Healthy Living for Your Brain and Body"

Science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. **Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement,** and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Lunch will be **chicken pesto bake with rice pilaf, green beans and strawberry shortcake.**

Suggested donation of \$4.

April 25 at noon

Join us for an informational session on Estate Planning with **Pioneer Bank.**

Philip Cortese will talk about what you need to know about **organizing your finances, the most important planning documents and beneficiary designations.**

Question and answer session will follow. Lunch will be chicken fricassee, sweet potatoes and sorbet.



Happy Hour Highlights

April 5

Tie-dyed Easter eggs

April 12

Be Fit Be Fly with Latoya

April 19

Deviled egg tasting and demonstration with Sharon and Caroline

April 26

Trivia! Prizes! Fun!

See below for details.



Come to Senior Happy Hour at The Beltrone! Come for lunch and stay for Happy Hour!

Come together with friends to mingle, relax, socialize, learn and have fun. Happy Hour offers something different every Friday afternoon in the Café at The Beltrone in Colonie.

This event is free and open to the public. Coffee and snacks will be served.

Each week will feature a different topic, activity or event, including tastings, fitness, games and more!

Reservations for lunch and Happy Hour are appreciated. Please call Nicole at 518-459-2857 ext. 303.

Everyone is welcome at all locations. Lunch is served at Noon.

Meals are served at The Beltrone Living Center Mon.– Fri.; Bishop Broderick Apartments on Tues., Wed., & Thurs.;

Guilderland Town Hall on Tuesdays; Sheehy Manor on Thursday; King Thiel 2nd & 4th Wednesday

Monday through Friday also available: Fruit Salad Plate (1/2 cup cottage cheese, 1/2 cup fruit, green salad

and a dinner roll), **Tuna Salad Plate** (1/2 cup tuna salad, 1/2 cup fruit, green salad and a dinner roll),

Egg Salad Plate (1/2 cup egg salad, 1/2 cup fruit, green salad and a dinner roll).

CANNOT ORDER Fruit, Tuna or Egg Salad for Special Lunch and Dinner. Contributions are used to expand our lunch programs.

Suggested Contribution: Special Lunch and Dinner is \$6.00, Lunch & Learn is \$4.00 Guests and under 60, \$8 suggested contribution