Chefs in Motion

Come one, come all to a brand new unique Colonie Senior Service Centers (CSSC) event entitled Chefs in Motion: Culinary Tasting and Competition, which is taking place on Monday, June 10, from 5:30 p.m. to 8:30 p.m. in the Lakeview Room at The Beltrone Living Center. Proceeds from the event will benefit CSSC’s Transportation Services.

Led by CSSC, the Times Union and Mazzone Catering, Chefs in Motion is partnering with the New York State Department of Agriculture and Markets, Cornell Cooperative Extension, and the New York State Wine and Grape Foundation to highlight the fantastic items grown and produced in New York State. Participating chefs (there are eleven currently) will be provided a shopping cart of locally sourced products and seasonal produce prior to the event and will be asked to create a signature dish, either a soup, salad or entrée, whose ingredients are at least fifty percent locally sourced.

The official judges, NYS Ag. and Markets Commissioner Richard Ball, Chef Yono Purnomo, Chef Harold Qualters and Town of Colonie Supervisor Paula Mahan, will be scoring in four categories: Creativity, Taste, Appearance, and Use of Locally Sourced Ingredients. At a designated time during the event, participating chefs will present their signature dish to the four judges. In addition, the anticipated two hundred guests at the event will have the opportunity to sample all the dishes and vote for their personal favorite. Trophies will be awarded in two categories: People’s Choice and Best in Show.

Steve Barnes from the Times Union’s Table Hopping will serve as the event’s Emcee.

The event will also highlight New York State Vintners, Wine Makers and Sommeliers in an additional competition of “Stump the Wine Expert” as part of the VIP/Honorary Reception at the event’s start time. The wine experts will be tasked with identifying different varietals of wine from five separate grape-growing regions of New York State. VIP Attendees will be provided the same samples to see how well they do compared to the palates of the wine experts. In addition, New York State wine will be sampled throughout the event as well including: Dr. Konstantin Frank (Keuka Lake), Merritt Estate Winery (Niagara Region) and Galway Winery (Ballston Spa). Rare Form Brewery (Troy) will be on hand to serve samples of their incredible brews.

Additional pieces to this inaugural event include: a make your own sundae bar (with NYS ice cream), a visit from the Dairy Princess, live entertainment, and raffles. A fabulous silent auction featuring tickets to Hamilton at Proctors, international baskets, and other great prizes will be available.

The incredible committee that has been assembled to create this event includes representatives from NYS Ag. and Markets, Cornell Cooperative Extension, Mazzone Catering, the Times Union, Herzog Law Firm and CSSC.

Finally, thank you, thank you, thank you to our generous event sponsors: Atria, CDPHP, Morgan Linen, Mazzone’s Catering, Capital Bank, Blairhouse Interiors, Mercury Printing, Herzog Law Firm, Mobility Works, Eddy Health Alert, and Troy’s Landscaping.

This is an event you do not want to miss! For additional information or to register to attend, contact Sharon Herald at 518-459-2857 ext. 302.
Happy June!
The month of Flag Day, Father’s Day, Juneteenth, and Paul Bunyan Day. The flowers are blooming. The birds are singing. And we finally will have the onset of summer, sun and all things warm. If you participate in CSSC programs and activities, you know how busy we like to keep ourselves. Well, June is no exception.

I hope those of you reading this column will consider attending Chefs in Motion on June 10 from 5:30 p.m. to 8:30 p.m. We will have eleven chefs/restaurants competing for the top prizes while utilizing New York State ingredients. The proceeds from this event will benefit CSSC’s fabulous Transportation Services.

For those of you who are ready to celebrate summer, please plan on joining us Monday, June 24, from 4 p.m. to 7 p.m. for Summerfest at The Beltrone Living Center. The event will feature a hat contest, pie contest, an antique car show, a duck derby, entertainer Donny Elvis, and the Colonie Town Band. Come to the party!

Finally, I want to mention how fortunate I am to be able to work with some really incredible people. With this in mind, I want to give a shout-out to my colleague, Sharon Herald (Executive Assistant). This incredibly hardworking, talented woman works tirelessly for Colonie Senior Service Centers and the older adults we serve. She always gives one hundred and ten percent. Sharon was recognized at CSSC’s Annual Meeting, which was held the end of May. Congratulations Sharon! Well deserved!

“Go raibh maith agat.”
– Diane Conroy-LaCivita

Celebrate Flag Day with Food
Although it is often overshadowed by Independence Day, Flag Day is still an important part of our history. It serves as a symbol of independence and national unity. On May 30, 1916, President Woodrow Wilson issued a presidential proclamation establishing a national Flag Day on June 14. The day commemorates the adoption of the Stars and Stripes as the official flag of the United States.

It is a day to get together with others and celebrate the American flag, its designers and the designers of our country.

Please join us on Friday, June 14, from 11 a.m. to 1 p.m. as we cook/assemble patriotic foods that you will want to reproduce in your own kitchen. Please dress in patriotic clothing; prizes will be awarded for the best ensemble!

The above demonstrations will take place at King Thiel Senior Community, 17 Elks Lane, with a $5 fee and will include lunch. Space is limited and prepayment for the class is required. To make a reservation, please call Sharon Herald at 518-459-2857 ext. 302.

Let’s Barbeque
Barbecue or barbeque is a cooking method, a style of food, and a name for a meal or gathering at which this style of food is cooked and served. Barbecuing is usually done outdoors by smoking the meat over wood or charcoal.

Barbecuing techniques include smoking, roasting, baking, and grilling. The technique for which it is named involves cooking using smoke at low temperatures and long cooking times (several hours).

Baking uses an oven to convection cook with moderate temperatures for an average cooking time of about an hour. Grilling is done over direct, dry heat, usually over a hot fire for a few minutes.

On Friday, June 21, from 11 a.m. to 1 p.m., come learn and taste barbecuing techniques.
June's Sacred Space Visit – Shaker Meeting House

The journey continues on Wednesday, June 19, as we visit another sacred space. Join Diane Conroy-LaCivita as she travels to America’s first Shaker settlement, which is located in the Town of Colonie near the Albany International Airport. The well-being of this significant historical site is overseen by the Shaker Heritage Society. The Church Family site is the heart of the 770-acre Historic District. The property includes nine remaining Shaker buildings, herb garden, open fields, apple orchard, Ann Lee Pond nature preserve, and the Shaker cemetery where the founder, Ann Lee, is buried. Executive Director Johana Batman will lead the tour.

The CSSC shuttle bus will leave The Beltrone Living Center at 9:40 a.m. and return at approximately 11:20 a.m. Space is limited. To make a reservation, please call Sharon Herald at 518-459-2857 ext. 302.

Defensive Driving Classes

Roger Dames, CSSC’s Driver Fitness Coordinator, will conduct Defensive Driving Classes in June and July as follows:

― Wednesday, June 5, 2019, and Thursday, June 6, 2019, from 9 a.m. to 12 noon
NOTE: This is a two-part class; must attend both days from 9 a.m. to 12 noon.

― Thursday, June 20, 2019, from 9 a.m. to 3:30 p.m.

― Thursday, July 11, 2019, from 9 a.m. to 3:30 p.m.

― Tuesday, July 30, 2019, from 9 a.m. to 3:30 p.m.

Cost is $25 per person, due before day of class. To reserve your seat, call 518-459-2857, ext. 303.

All classes will be held at The Beltrone Living Center, 6 Winners Circle, Albany, NY.

Community Artist for July and August – Elizabeth “Libby” Lee

Libby Lee was a career art instructor and beloved teacher at Shaker High School. After she retired in 1983, she spent time volunteering at the Shaker Heritage Society and for the Friends of Pruyn House. The founder of the Friends of Pruyn House often asked Libby to help by sketching one of the buildings at the Pruyn House site. Libby’s sketches have been used over the past thirty-six years in letterhead, illustrations, as note paper, and in promotional materials. Her work mainly encompasses the use of watercolor.

Libby was born and raised in Colonie, graduated from Pratt Institute with a degree in Advertising Design, and earned a Master’s in Art Education from Buffalo State University. As a longtime member of the Colonie Art League, she has actively exhibited and won awards for her work.

On Tuesday, July 2, from 4 p.m. to 5 p.m., an opening reception of Libby’s exhibit will take place at The Beltrone Living Center. The event is free and open to the public. All are welcome to see the exhibit and meet the artist.

Handmade Greeting Card Workshop Being Offered

Please join us on Tuesday, June 18, as local multi-media artist Marjorie Ward offers a Handmade Greeting Card workshop. Learn how to create personalized greeting cards. All supplies will be included (card stock, envelopes, decorative papers, embellishments, glue sticks, stickers and markers) so all you need to bring is your imagination. You can create as many cards as you want and even take home some extra supplies. A fee of $10 will be charged. The classes will be held in the Art Room of The Beltrone Living Center. We will be offering two separate sessions, the first from 10 a.m. to 11:30 a.m. The second from 12:30 p.m. to 2 p.m. Space is limited. Please call Sharon Herald to make a reservation at 518-459-2857 ext. 302.
Summerfest: A Senior Community Block Party
Open to the Public!
Monday, June 24, 2019
Starts at 4 p.m.
The Beltrone Living Center
6 Winners Circle, Albany

- Live Music and Dancing
  Enjoy Donny Elvis and the Colonie Town Band
- Duck Derby
  Choose a duck for the duck race
- Hat Contest
  Enter your summer hat creation
- Pie Baking Contest
  Enter your special pie in our pie contest
- Summertime Food
  Hamburgers, hotdogs and ice cream for purchase
- Antique Car Show
- Wine Tasting
- Caricature Artist and much more!

Admission is free. Register for the pie contest by calling Caroline Barrett at 518-459-2857 ext. 327 or emailing cbarrett@colonieseniors.org.

CSSC’s Hudson River Valley Sightseeing Cruise in July
Your list of top things to do in the Hudson Valley has to include a sightseeing cruise on the Hudson River! Enjoy clear views of historic Hudson River lighthouses, waterfront mansions, and other notable sites. Attendees will see some of this region’s most unique and fascinating locations on the Hudson River waterfront including:

• The Rondout Lighthouse and the Esopus Meadows Lighthouse
• The Wyndcliff Mansion
• The Dinsmore
• Wilderstein
• The Vanderbilt Mansion
• The Col. Oliver Hazard Payne Mansion
• The Rosemont
• Staatsburg

Other highlights of the cruise include the Kingston-Rhinecliff Bridge, the Esopus Meadows, and Mt. St. Alphonsus Seminary.

We will leave The Beltrone Living Center on Friday, July 12, at 10 a.m. to drive to Kingston and board the Rip Van Winkle for a two-hour sightseeing cruise. After the cruise, we will have lunch at Savona's Trattoria, a longtime Kingston restaurant.

Space is limited. Through a generous grant, CSSC will be paying for the transportation to and from Kingston.

The cost per person, which includes the two-hour boat cruise, snacks, lunch, and tip, is $60. We will return to The Beltrone Living Center at approximately 4:30 p.m.

To make a reservation, please call Sharon Herald at 518-459-2857 ext. 302.

Antique Car Show at Summerfest
Monday, June 24, 2019 from 4 to 7 p.m.

Rain or Shine
To enter your car, pre-registration fee: $10
Day of show: $20
Space is limited

All proceeds from this event will benefit Colonie Senior Service Centers, Inc.

Reserve your space today:
Call Sharon Herald at 518-459-2857 ext. 302

Father’s Day Gift Idea
Give Dad an Umbrella of Colonie membership for Father’s Day. Call Nicole Brammer, Umbrella Director, at 518-459-7152
Making the News . . .

Colleen Henry
Colleen was recently named Resident Services Coordinator for CSSC’s three residential communities: The Beltrone Living Center, King Thiel Senior Community, and Sheehy Manor.
Colleen has a Master’s Degree in Social Work from SUNY Albany and started working at CSSC in December 2016 as a Program Assistant in Bright Horizons. In May 2017, Colleen was appointed to the position of Assistant to the Program Director of Bright Horizons. In her new position as Resident Services Coordinator, Colleen will be available to assist the residents of CSSC’s residential facilities as follows:

King Thiel Senior Community – Monday 8 a.m. to 12 p.m.
Sheehy Manor – Monday 12:30 p.m. to 4:30 p.m. Wednesday 8 a.m. to 4:30 p.m.
The Beltrone Living Center – Tuesday, Thursday, Friday 8 a.m. to 4:30 p.m.

Please stop by and welcome Colleen to her new position. She is looking forward to meeting all of our residents and assisting them as needed.

Wendy Koblensky
The Maintenance Department recently welcomed Wendy to its team as a Porter. Wendy most recently was employed by The Century House in Latham. In her free time, Wendy likes listening to live music and especially enjoys outdoor activities such as camping. Wendy also enjoys spending time with her two adult children and three grandsons.
Welcome Wendy!

Allison Merino
Allison recently joined the Bright Horizons staff as a part-time Program Assistant. Allison is currently working toward her Bachelor’s Degree in Sociology at State University at Albany, with an expected graduation date of 2020. A fun fact about Allison is that she is able to count from one to ten in five different languages.
Excellent, Allison!
Welcome Allison!

Board News
Alicia Kelley
Earlier this year, Alicia Kelley, Director of Medicare Sales at CDPHP, participated in the CSSC Board of Directors as a Representative on behalf of Dr. John Bennett. In April 2019, Alicia was elected to a three year term as a full member of CSSC’s Board. We appreciate Alicia’s willingness to serve CSSC in this capacity.

Willis Reed
At the April 2019 Board meeting, Willis Reed was elected to the Board of Directors of CSSC. Willis is the Director of Insurance Operations at CAP COM Federal Credit Union, having been there since 2009. Prior to CAP COM FCU, Willis was Vice President at United Nations Federal Credit Union in New York City. He earned a B.A. at Canisius College and holds many financial industry designations.

Community News . . .

And the Winners Are . . .
The Third Annual Rusty Tool Throw Down was held on Saturday, May 4, at the Tool Box. Three artists from the Albany Barn, Erin Eckler, Jade Warnick, and Kristen Holler, created unique sculptures using items found at the Toolbox. We are pleased to announce the winners:
Erin Eckler – Most Interactive
Jade Warnick – Most Effective Expression of a Theme
Kristen Holler – Most Whimsical
The winning sculptures will be auctioned at CSSC’s next Warmth of Winter, an event held to benefit Umbrella of Colonie.
**Senior Dining Program – June Menu**

<table>
<thead>
<tr>
<th>June 3:</th>
<th>June 16:</th>
<th>June 17:</th>
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<tbody>
<tr>
<td>Pot Roast with Vegetables</td>
<td>Parmesan Crusted Chicken</td>
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<td>June 4:</td>
<td>June 18:</td>
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<tr>
<td>Meat Lasagna</td>
<td>American Goulash</td>
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<td>June 5:</td>
<td>June 19:</td>
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<tr>
<td>BLT Bow Tie Pasta Salad</td>
<td>Seafood Salad over Greens</td>
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<td>June 6:</td>
<td>June 20:</td>
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<tr>
<td>Chicken Fricasse</td>
<td>Chicken Parmesan</td>
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<td>June 7:</td>
<td>June 21:</td>
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<tr>
<td>Chicken &amp; Bacon Macaroni &amp; cheese</td>
<td>Curried Chicken Salad</td>
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<td>June 10:</td>
<td>June 24:</td>
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<tr>
<td>BBQ Chicken Thighs &amp; Potato Salad</td>
<td>Sausage with Peppers and Onions</td>
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<td>June 11:</td>
<td>June 25:</td>
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<tr>
<td>Turkey Sandwich</td>
<td>Macaroni &amp; Cheese</td>
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<td>June 12:</td>
<td>June 26:</td>
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<tr>
<td>Baked Cod w/ Lemon Herb Sauce</td>
<td>Chicken Marsala</td>
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<td>June 13:</td>
<td>June 27:</td>
<td></td>
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<tr>
<td>Grilled Chicken Sandwich</td>
<td>Shrimp Scampi</td>
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<td>June 14:</td>
<td>June 28:</td>
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<tr>
<td>Eggplant Parmesan</td>
<td>Beef &amp; Broccoli</td>
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All menus are subject to change. All Lunches include side dishes and dessert.  
Suggested Contribution: Lunch & Learn is $4. Special Lunch and Dinner is $6.  
Special Lunch: June 7 at noon, reservations required, suggested donation of $6.  
Join us for fun and familiar songs with Peter Yakel, guitarist and vocalist. See above for menu.  
Special Dinner: June 17 at 5 p.m., reservations required, suggested donation of $6.  
The very popular Bob Trefilletti will join us for an evening of oldies, sing-alongs and good times.  
Meatloaf with gravy, roasted potatoes, coleslaw, applesauce and vanilla cake will be served.  
Lunch and Learn: June 14 at noon, reservations required, suggested donation of $4.  
Gold Star parent and veteran John J. McKenna III will be here for a very special presentation.  
John is the host of the military courtesy room at Albany International Airport and is devoted to improving the lives of veterans.  
Join us as he speaks about the courtesy room, its beginnings, and the current state of affairs.  
See above for menu.  
Lunch and Learn: June 19 at noon, reservations required, suggested donation of $4.  
Kayla Jones, Outreach and Recruitment Specialist from the Foster Grandparent Program of the Capital Region will be here to talk about the program, their mission, and how you might fit in.  
See above for menu.  
Please call 518-459-2857 ext. 303 with reservations by noon of the previous business day.  
The Senior Dining 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.  

**Congratulations to Our Volunteers**

On Thursday, April 25, CSSC honored our many dedicated volunteers at the 26th Annual Volunteer Recognition Dinner. The following individuals received special awards:

**Lou Dobek Volunteer of the Year Award**  
JoAnne McAteer  

**The King Thiel Senior Community Award**  
Dotty LaVoie  

**The Mildred Best Willey Volunteer of the Year Award**  
Mike Smith  

**The Mary F. Finley Rookie Volunteer of the Year Award**  
Henrietta Larson  

**Dedicated Service to Bright Horizons**  
Jessica Loveland  

**Volunteer Award for Bright Horizons’ Jessica Loveland**

Bright Horizons is very proud of its volunteer, Jessica Loveland. Jessica received a volunteer award from Bright Horizons staff to honor her four plus years of service to the Bright Horizons program.

Jessica encourages members to participate and engage in our Adult Day Program every week by bringing in music, books, and trivia of their era. We feel so fortunate to have Jessica as a volunteer for Bright Horizons.

**Tribute Corner**

**In Memory of Robert Alexander**  
Rae Ann Augliera  
Charlotte Busone  
Dr. Patricia S. Coates and Alan B. Coates  
Linda G. Hall  
Junior League of Albany  
Michaela Larson  
Margaret Merwin and Gerald McAuliffe  
Mary Ellen Rafferty  
Duncan E. Savage, M.D.  

**In Memory of Herbert Goss**  
Gwenlyn E. Graham  

**In Memory of Patricia Luther**  
Elizabeth and Peter Lattanzio  

**For detailed information on dining menu and special events, go to www.colonieseniors.org and click on Dining to view June Menu, Special Events.**
Colonie Senior Resources Department

Town of Colonie Senior Club Volunteers Recognized
On June 7, the Town of Colonie Senior Resources Department recognized an honoree from each of the six clubs for their selfless contribution and volunteer commitment to their Club. We celebrate your role within the six clubs along with all those affected by your generosity. Senior Club Honorees include:
- Christ Our Light Seniors – Tony Poutre
- Colonie Senior Citizens Club – Marjorie Raymond
- Lisha Kill Senior Citizens Club – Arthur Fazzone
- Menands Senior Citizens Club – Betty DiNuzzo and Rita Delmar
- Thunder Road Seniors – Isadore Johnson
- Towers of Colonie Silver Streakers – Anna De Sorbo
- The Town of Colonie Arnold C. Hamm Volunteer of the Year – Richard “Dick” Williams

Six Clubs Hiking and Walking Groups
Senior Resources, in conjunction with our six Town Senior Clubs, is implementing a summer hiking club to local hiking and preserve trails. If you are interested in meeting up at our local parks, enjoying nature and the beautiful outdoors, making new friends and staying active, then our hiking club might be for you.

It is time to dust off those walking shoes, meet up with or make new friends and hit the Crossings Park for our weekly walking group. We will meet every Friday at the Crossings Park for a leisurely fitness walk.

For more information and details on either the hiking or walking groups, please contact Chris Cary at 518-459-2516 or caryc@colonie.org.

Christine Cary, Director
Town of Colonie Senior Resources Department
518-459-5051

Colonie Senior Citizens Club
Hooray! Summer is finally arriving! The Uncle Sam Sparklers Dancers will entertain us on Wednesday, June 5. We look forward to that. On Tuesday, June 18, we have scheduled a trip on the Mohawk Maiden Cruise with lunch at the Hudson Crossings.

As a reminder, Colonie Senior Citizens Club is winding down as there are no meetings for the Club in July or August. Our first meeting in September is on Wednesday the 4th. If you are looking for a summer activity, the Six Club Picnic will be held on Wednesday, August 14. For information, call Theresa Flynn at 518-225-3711.

Tickets are selling fast for our annual summer picnic, which will be held on Wednesday, September 11, from 10 a.m. to 3 p.m., at the Colonie Elks on Watervliet Shaker Road in Latham. Cost per ticket is $20. Hope to see you there.

Happy and healthy summer to all!

Contacts: Marjorie Raymond Carolyn Chabot
Membership President
518-435-0906 518-785-6315

https://cscccolonie.weebly.com/trips-coming-up-in-2019

Senator Schumer Visits CSSC
On Monday, May 6, U.S. Senator Charles “Chuck” Schumer held a special meeting at The Beltrone Living Center. He explained to a large group of seniors that federal legislation has been proposed that is designed to stop the increasing number of automated phone calls (robocalls).

The proposed Telephone Robocall Abuse Criminal Enforcement and Deterrence Act (TRACED) would require telecommunications companies to use technology that would allow recipients to know where the call is originating. The legislation is backed by both Republicans and Democrats and is expected to be passed into law.

NYS Plan on Aging
On May 3, CSSC hosted staff from the NYS Office for the Aging (NYSOFA) for the first of eight regional meetings that will be held across the state.

The Draft NYS Plan on Aging: 2019 – 2023 was presented by NYSOFA Director Greg Olsen. Attendees had an opportunity to provide input on the plan before the plan is forwarded to the federal government. The plan may be viewed on the NYSOFA website, www.aging.ny.gov, under NYS Plan on Aging.

NYSOFA Director Greg Olsen
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518-459-6064

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518-459-2857, ext. 303

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Media and Communications
Michael DiGiuseppe, Specialist
mdi giuseppe@colonieseniors.org
518-459-2857, ext. 337

Recently retired? Ready to be involved in your community? Volunteers needed for Tool Box Thrift Store

Store is located at
143 Troy-Schenectady Road
Watervliet, NY 12189 (Hilltop Plaza)

Contact Leonard G. St. Gelais,
at 518-608-4758
or email
lstgelais@colonieseniors.org
for more information

TOOL BOX
®
Tool Thrift Store

Tool Box is owned and operated by Colonie Senior Service Centers, Inc.