

## Creating a Community within The Beltrone Living Center

We all hope for good neighbors when we move into a new building or community. The same is true for permitting commercial entities in a non-profit residential building. Making a good match, one that benefits both the commercial tenants, as well as the apartment renters, can go a long way in creating a pleasant and content building. At The Beltrone Living Center, three outside leased tenants reside within our walls that add to the Colonie Senior Service Centers' mission of providing the services and resources that seniors need to stay active and independent. All three tenants have their offices on the public south end of the first floor.

Since the building opened in 1999, The Salon at Beltrone has been in operation. Proprietors Ron Gusberti and Mark Desourdy operate a full service hair salon that is a convenient, friendly amenity for residents, as well as the outside public. They offer a wide range of services that include haircuts, perms, colors, shampoo, conditioning, curling, reconstructing, and foils. The salon

is open Tuesday through Saturday from 9 a.m. to 5 p.m. and can be reached by calling 518-453-0277. It is recommended to call ahead for an appointment.

In 2004, the Town of Colonie Senior Resources Department became a tenant. Their offices are located on the first floor across from the administrative offices of Colonie Senior Service Centers, Inc. Town caseworkers are available to confidentially assist seniors and/or caregivers by reviewing services and programs that best fit their needs. Some of the information available pertains to Medicare/Health Insurance, Caregiver/In Home Services, Senior Housing, Senior Citizen Clubs, Legal Assistance, and Income Tax Preparation. The Town of Colonie Department operates Monday thru Friday, 8:30 a.m. to 4:30 p.m., and can be reached by calling 518-459-5051 or by visiting [www.colonie.org/departments/seniors/](http://www.colonie.org/departments/seniors/).

Hector Jasen, M.S.P.T., (dba HectorPT Rehabilitation Services), has been a part of The Beltrone offerings since

2007. Conveniently located on the first floor of the building across from CSSC's Bright Horizons Adult Day Services, Hector and his staff offer manual therapy, hands on care, pain management, balance control and more. All Beltrone Living Center residents receive a complimentary physical therapy assessment to evaluate their needs and works in conjunction with most insurance providers. According to Hector, *"The success of my practice is based on our individualized personal and professional approach. We pride ourselves on the level of care and understanding we use in assessing each patient's unique situation. We empower patients to take an active role in setting and achieving their functional goals."* To contact HectorPT, please call 518-459-2857 ext. 318 or by visiting [www.hectorpt.com](http://www.hectorpt.com).

Providing appropriate outside services and setting realistic expectations within the building has allowed The Beltrone Living Center to become a premiere example of balanced, independent senior living within the Capital Region. If you are interested in taking a tour of The Beltrone Living Center, please contact Debbie McClune, Beltrone Property Manager, at 518-459-2857 ext. 316.



(L-R) Town of Colonie Staff: Christine Cary, Katie Connelly, Carrie Blanchard, Abbey Lavazzo, Debra Heider, and Angelina Searles



(L-R) Mark Desourdy and Ron Gusberti



Hector Jasen

## Message from the Executive Director



### Happy July!

*“Where freedom is,  
there is my nation.”*

– Benjamin Franklin

The month of Independence Day (July 4), Bastille Day (July 14), Amelia Earhart Day (July 24), National Lasagna Day (July 29) and International Day of Friendship, (July 30).

I love summer; the warm weather, going to camp, vacations, entertaining friends and family, swimming and other outdoor recreational activities (i.e. a summer evening at the Joe Bruno Stadium watching the Tri-City Valley Cats). So much to do . . . so little time.

Although we tend to slow down in the heat of summer, CSSC is still very busy day-in and day-out providing the quality programs and services you expect. Bright Horizons Adult Day Services, Defensive Driving Classes, Senior Dining, RSVP, Tool Box, Transportation Services, Umbrella, Cooking Demonstrations and Sacred Spaces outings, as well as maintaining our three beautiful properties (The Beltrone Living Center, King Thiel Senior Community, and Sheehy Manor).

For the golfers who cannot get enough, please consider participating in our 26<sup>th</sup> Annual Salvatore R. and Anna E. Beltrone Golf Classic, which is taking place on Monday, July 15, at the beautiful Schuyler Meadows Golf Club in Loudonville.

As you are probably aware, CSSC has begun to offer a variety of bus trips to such local destinations as the Culinary Institute of America, the Hudson River Valley, Olana State Historic Site, and the Thomas Cole National Historic Site. Rest assured, we are planning on doing many more in the future. The best way to find out about upcoming activities and outings is to continue to read our newsletter, *Senior Connections*, which is put together so beautifully each month by our Media and Communications Department made up of the talented Michael DiGiuseppe and Sue Kenneally.

Finally, if you have visited The Beltrone Living Center recently, please pardon our appearance. We are in the midst of a major facelift to our first floor, public, south end. Stay tuned, it will be beautiful when it is finished!

*“Go raibh míle maith agat.”*  
(“May you have a thousand good things”)

– Diane Conroy-LaCivita

### The Art of Simple Food in Upstate NY

Eating local in New York can mean a lot of things—locally baked bread, locally grown produce, locally brewed beer.

July is the perfect time of year to sample local and there is no better place than your local farmers’ market to purchase these delicacies. For example, you can find amazing produce that is tastier and healthier than anything found in a supermarket. You can meet the individuals who created the product and/or grew the produce. And you normally can experience the best “dog watching” around.

Please join us on Wednesday, July 17, from 11 a.m. to 1 p.m. as we cook and assemble recipes utilizing local.

### National Lasagna Day – Monday July 29

We hope you have a big appetite. Sure, it’s July. It is hot and humid. Cooking up a pan of lasagna would make the kitchen a lot hotter. However, the smell will waft. Your mouth will begin to water and when mealtime arrives, you will have a huge appetite for a big piece of lasagna.

Lasagna is a favorite Italian dish. In between multiple layers of lasagna pasta are generous amounts of tomato sauce, cheeses, and sometimes hamburger and/or Italian sausage and/or possibly a variety of vegetables. It is the favorite Italian dish enjoyed by millions of Americans.

It is best to celebrate National Lasagna Day by baking the lasagna. Come join us on July 29, from 11 a.m. to 1 p.m. as we demonstrate how to make a variety of lasagnas. (Oh, and yes, bring your appetite!)



The above demonstrations will take place at King Thiel Senior Community, 17 Elks Lane, with a non-refundable \$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.

## July's Sacred Space Visit – Siena College's Grotto and Chapel

The journey continues on Thursday, July 18, as we visit another sacred space. Join Diane Conroy-LaCivita as she travels to Siena College in Loudonville. Named after Bernardino of Siena, a 15<sup>th</sup>-century Italian Franciscan friar and preacher, Siena College was founded by the Order of Friars Minor in 1937. St. Bernardine of Siena Friary, which is located on campus, is home to twenty-three Franciscan friars many of whom serve as professors, administrators, and staff members.

The Grotto at Siena College is modeled after the famous shrine in Lourdes, France, where, in the 19<sup>th</sup> century, the Blessed Mother appeared to a peasant 14-year-old girl who would later become St. Bernadette. The Grotto at Siena College includes a statue of Mary from the original Siena grotto that was dedicated in 1947 in remembrance of veterans and those who had fallen in World War II, including thirty-six Siena men who made the supreme sacrifice.

Father Dan Dwyer will lead the tour, which will include both the college's chapel as well as the grotto. Please wear comfortable footwear. There will be walking involved.

The CSSC shuttle bus will leave The Beltrone Living Center at 9:40 a.m. and return at approximately 11:45 a.m. 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 July as follows:

**Thursday, July 11, 2019**

**Tuesday, July 23, 2019**

Classes will be held from 9 a.m. to 3:30 p.m. at The Beltrone Living Center, 6 Winners Circle, Albany, NY. Cost is \$25 per person, due before day of class. To reserve your seat, call 518-459-2857, ext. 303.



## CARFit



## Find the Perfect Fit

On May 23, 2019, Roger Dames conducted a CarFit screening during which nineteen older drivers learned how well they "fit" with their vehicle. Mirror corrections and seat belt corrections were made, and many drivers were advised on possible adaptations for their safety in their vehicle, such as distance from the air bag.



CSSC is proud that Roger is only one of ten individuals in Upstate New York to certify Car Fit technicians to perform as CarFit coordinators and technicians. The CarFit program is

instrumental in allowing seniors to "drive safer, longer." Watch this newsletter for information on the next CarFit screening to be held in the fall.

## 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 volunteered 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. 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.





On Monday July 15, Colonie Senior Service Centers, Inc. (CSSC) will host its 26<sup>th</sup> Annual Salvatore R. & Anna E. Beltrone Golf Classic at Schuyler Meadows Club in Loudonville. We hope you will join us!

The Salvatore R. & Anna E. Beltrone Golf Classic is a popular summer event that draws more than one hundred thirty golfers and golf enthusiasts. Proceeds from The Beltrone Golf Classic support programs and services of CSSC that help keep seniors active and independent. This outstanding Golf Classic once again promises to be another day of exceptional golfing, delicious food, and an outstanding silent and live auction!

The agenda for the day is as follows:

- |                          |                              |
|--------------------------|------------------------------|
| 11:00 a.m. Registration  | 5:30 p.m. Cocktail Reception |
| 11:30 a.m. Lunch         | 5:45 p.m. Putting Contest    |
| 12:30 p.m. Shotgun Start | 6:30 p.m. Dinner             |

If you require additional information or are interested in attending the Golf Classic, please contact Laurie Miedema, Development Director, at 518-459-2857, ext. 304 or [lmiedema@colonieseniors.org](mailto:lmiedema@colonieseniors.org).

## Umbrella of Colonie Luncheon

CSSC's Umbrella of Colonie will host a luncheon on Tuesday, July 16, 2019, from 12 noon to 1:30 p.m., at The Beltrone Living Center. All Umbrella members and Umbrella handy people are encouraged to attend.



The guest speaker will be Lisa Jordan, Coordinator of Outreach Services and Marketing, Northeastern Association of the Blind at Albany. Lisa will speak on "Navigating Independence for Adults with Low Vision."

Lisa will present an overview of causes of low vision such as macular degeneration, cataracts, glaucoma, and retinal detachment. Join Lisa as she shares ways in which the Northeastern Association of the Blind can help prepare and assist adults with low vision.

Lunch will include BLT Bowtie pasta salad with chicken, cucumber radish salad, and peaches with whipped cream for dessert. Please call 518-459-2857 ext. 303 no later than noon on Monday, July 15, to make your reservation. We look forward to seeing you on July 16.

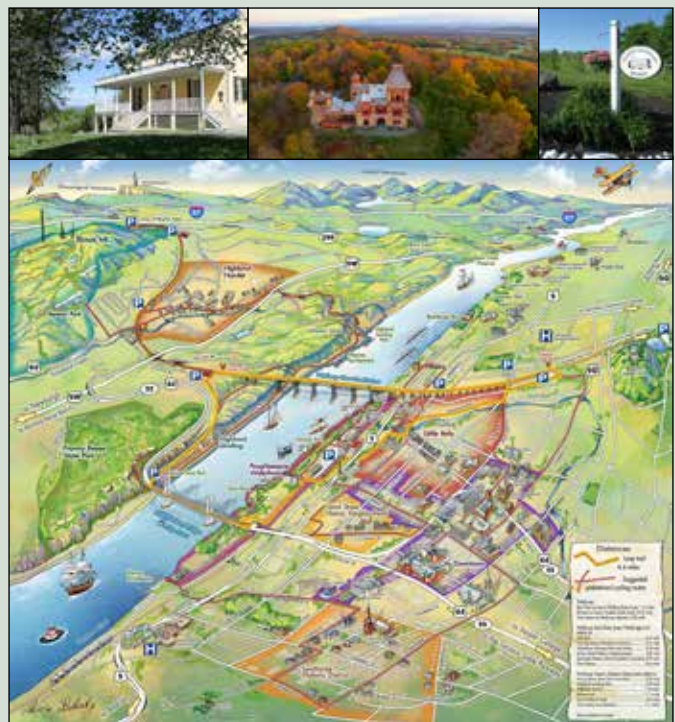
## Scenic Views – Come Experience the Catskill Region with CSSC

Please join CSSC, on Thursday, August 29, as we venture down to the Catskill Region of New York State to experience two historic sites, the historic homes of landscape painters, Thomas Cole and Frederick Church, in addition to a wonderful winery and a new bridge walkway across the Hudson River. Attendees will experience the same iconic views of the Hudson River Valley that inspired the landscape painters of Hudson River School, a 19<sup>th</sup> century American art movement. Their famous paintings typically depicted the Hudson River Valley and the surrounding area, including the Catskill, Adirondack, and White Mountains.

Premiere Transportation will be taking the group from The Beltrone Living Center at 8:30 a.m. to travel to the Thomas Cole National Historic Site in Catskill for a tour, then to walk across the 5,000-foot Rip Van Winkle Bridge's Hudson River Skywalk, then on to Olana State Historic Site in Hudson for a tour and finally, to the Hudson-Chatham Winery in Ghent for a wine tasting. We expect to be back to The Beltrone Living Center by 5:30 p.m.

Please note: This outing will involve quite a bit of walking and we suggest you wear comfortable shoes/clothing and be prepared for the weather. A recently awarded NYS grant is assisting with the transportation costs of this outing. To cover the cost of admission to the two historic sites, a boxed lunch, snacks on the bus and tasting fees, a non-refundable fee of \$76 will be charged.

Space is limited. To make a reservation, please call Sharon Herald at (518) 459-2857 ext. 302



## Making the News . . .



### Nicole Brammer

CSSC is pleased to announce that Nicole has been appointed Director of the Umbrella of Colonie program.

Nicole joined CSSC in August 2017 and is looking forward to assisting Umbrella members and Umbrella handy men and women. Congratulations, Nicole.

If you have any questions about the Umbrella of Colonie program, please contact Nicole at 518-459-2857 ext. 311.

### Zachary DiGuilio

Bright Horizons recently welcomed Zachary to its team as a part-time Program Assistant. Zach is familiar to CSSC staff as he was an intern at Bright Horizons in the fall of 2018. Zach is a graduate of Hudson Valley Community College and has been accepted at UAlbany's School of Social Welfare. It's great to have Zach back with Bright Horizons.

Welcome Zach!



## The Winners Are . . .

On June 10, CSSC's Chefs in Motion: Culinary Tasting and Competition was held at The Beltrone Living Center. Ten area chefs prepared a signature dish from locally-sourced products and a panel of judges had the difficult task of choosing a winner.

Chefs Kyle MacPherson and Chef Joan Porambo of Field Notes were the winning chefs with their "Best in Show" signature dish. In addition, the approximately two hundred attendees had an opportunity to sample all the dishes and vote for their favorite. The "People's Choice" winner was Chef Jon Matrone of Mazzone Hospitality.



(L-R) CSSC Executive Director Diane Conroy-LaCivita, Mazzone Hospitality Chef Jon Matrone, Times Union's Table Hopping Steve Barnes, and Mazzone Hospitality Chef Brayden Bennisson



(L-R) Field Notes Chef Joan Porambo, CSSC Executive Director Diane Conroy-LaCivita, Field Notes Chef Kyle MacPherson, Chef Harold Qualters, and Town of Colonie Supervisor Paula Mahan

Congratulations Chefs!



## Bright Horizons Picnic

Bright Horizons Adult Day Social Program's Annual Family Picnic was held on Friday, June 28, 2019, at Cook Park in the Village of Colonie. The picnic sponsors were Ludder's Country Homes and Peregrine Senior Living. Thank you to our sponsors! Mr. Rick Bedrosian provided musical entertainment and kept our group moving and grooving! Thanks to Mr. Tom Napierski, our grill master, and to My Place Restaurant located in Delmar, NY, for all of the wonderful food. We would also like to thank our Bright Horizons, Colonie Senior Service Centers staff, and volunteers for the delicious desserts. A fun time was had by all!



## New at Bright Horizons in Latham

Shown here is a picture of the beautiful plant stand that the members of our Bright Horizons Latham site made. This plant stand brightens up the doorway and the members get to see it every day as they arrive and leave program. What a wonderful accomplishment, the members working together with staff and volunteers to construct this unique plant stand for everyone to enjoy.



## Senior Dining Program – July Menu

July 1: Spinach Frittata	July 17: Meat Lasagna
July 2: Chicken Pesto Bake	July 18: Chicken Fricasse
July 3: Eggplant Parmesan	July 19: Whole Wheat Pizza
July 4: <b>CLOSED</b>	July 22: Eggplant Parmesan
July 5: Seafood Macaroni & Cheese	July 23: Baked Cod
July 8: Cobb Salad	July 24: Turkey Sandwich
July 9: Stuffed Pepper	July 25: Grilled Chicken Sandwich
July 10: Salmon Cakes	July 26: BBQ Chicken Thighs
July 11: Summer Vegetable Chili	July 29: Parmesan Crusted Chicken
July 12: Cheeseburger Cookout	July 30: American Goulash
July 15: Pot Roast & Vegetables	July 31: Seafood Salad on a Plate
July 16: Bow Tie Pasta Salad	

**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:** July 12 at noon. Join us for an engagement with the dancers from Spendwood School of Dance in Cohoes. This group of young people, ages 8–17 years, will entertain us with hip hop, tap, jazz, and lyrical dance routines. See above for menu. Suggested donation of \$6. Reservations required.

**Special Dinner:** July 22 at 5 p.m. Come party with the Gone Gray Band! Gone Gray will entertain with a selection of your favorite dance, sing along and patriotic songs from the 40s, 50s, 60s and 70s. Dinner will be BBQ Chicken thighs, red potato salad, seasoned zucchini tomatoes, and strawberry shortcake. Suggested donation of \$6. Reservations required.

**Lunch and Learn:** July 30 at noon. Learn about the truths of aging with Dr. Kevin Costello, the well-respected area specialist in geriatric medicine. Dr. Costello has been practicing in the Capital Region for more than 20 years and will offer a humorous, intelligent talk about aging. See above for menu. Reservations required. Suggested donation of \$4.



**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.

**For detailed information on dining menu and special events, go to [www.colonieseniors.org](http://www.colonieseniors.org) and click on Dining to view July Menu, Special Events.**

## Happy Hour Events:

Happy Hour, free and open to the public. Reservations requested, 518-459-2857, ext. 303.

Coffee and snacks served

Every Thursday at 1 p.m. at Sheehy Manor  
Every Friday at 1 p.m. in the Café at The Beltrone

**July 5:** No Happy Hour

**July 12:** Be Fit Be Fly with Latoya

**July 19:** Hannaford presents Summer Healthy Foods

**July 26:** Make a beautiful hand-printed watermelon canvas bag!

For information, contact Caroline Barrett, 518-459-2857, ext. 327.



## RSVP Station Highlight



This month's RSVP station highlight is The Schenectady Community Ministries (SCM). Their Food Pantry at 839 Albany Street in Schenectady needs volunteers. Greeters,

food sorters/packers, delivery truck unloaders, and drivers are all needed. Volunteers are also needed for their Summer Meals Program (driving, meal setup/clean up, arts and crafts) held at forty different sites throughout Schenectady County. SCM also has a Community Garden where volunteers can help with tilling and maintaining garden plots.

Their Senior Connect program, where seniors come together and enjoy lunch and camaraderie, needs volunteers to help with setup, serving, clean-up and leading activities. If you are interested in volunteering, please contact Marisa Geraghty, RSVP Program Director, at 518-459-2857 ext. 308 or [mgeraghty@colonieseniors.org](mailto:mgeraghty@colonieseniors.org).

## RSVP Volunteers Honored

Over one hundred twenty volunteers participating in RSVP (Retired and Senior Volunteer Program) sponsored by CSSC were honored at a recent luncheon at Treviso by Mallozzi's at the Italian American Community Center in Albany. RSVP matches community residents who are fifty-five and older with area non-profit organizations needing volunteers.

The event's guest speaker was John J. McKenna III, whose son, Captain John J. McKenna IV, was the inspiration for the Military Courtesy Room at the Albany International Airport. Captain McKenna was killed in action while serving as an Infantry Platoon Commander in Fallujah, Iraq in 2006, and was awarded the Silver Star for his bravery. Mr. McKenna worked with the Albany County Airport Authority and the Tri-County Council of Vietnam Era Veterans to establish the Captain John J. McKenna IV Military Courtesy Room in his son's honor. He spoke about how the loss of his son changed the course of his life from thinking about retiring to thinking about "what's next" in how he can serve others.

Volunteers were recognized for reaching service levels of 500, 1,000, 2,000, and 3,000 hours over the course of their RSVP work. Thank you to all of our volunteers!



## Scenes from Chefs in Motion

Over two hundred people enjoyed CSSC's Chef in Motion: Culinary Tasting and Competition on June 10 at The Beltrone Living Center to benefit CSSC's Transportation Services. Thank you to the chefs, judges, attendees, staff and volunteers for a wonderful event!



(L-R) The official judges; Chef Yono Purnomo, Town of Colonie Supervisor Paula Mahan, Chef Harold Qualters, with Commissioner Richard Ball and NYS Ag. & Markets Commissioner Richard Ball



(L-R) Saratoga County Dairy Princess and her court



(L-R) Mazzone Hospitality Chef Brayden Bennison with Chef Harold Qualters

## Colonie Senior Resources Department



### HEAP Cooling Assistance Program Now Open

HEAP Cooling Assistance Component is now open. All applications will be processed on a first come first served basis. The program is expected to run through August 31, 2019, or until program funds are exhausted. Applicants that received a regular HEAP benefit greater than \$21 during the current program year or are currently in receipt of Temporary Assistance (TA) or Supplemental Nutrition Assistance Program (SNAP) benefits, may apply by completing, signing, dating and submitting the HEAP Cooling Assistance application. The household income must not exceed the established income guidelines for the 2018 - 2019 heating season. The applicant or a household member must have a documented medical condition that is exacerbated by extreme heat. The household must not have a working air conditioner newer than five years old, as determined by the vendor and not have received a HEAP-funded air conditioner within the past ten years.

### 2019 New York State Farmers Market Nutrition Program

The Senior Resources Department will once again participate in the Farmers Market Nutrition Program by offering farmers market coupons to income-eligible seniors over sixty years of age. During the summer months, fresh fruits and vegetables can be purchased with these coupons at local farmers markets including the farmers market at the Crossings Park. Coupons are limited and are issued on a first come first served basis this summer. Please feel free to call Senior Resources at 459-5051 if you have any questions or would like more information.

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

## Colonie Senior Citizens Club

The next club meeting will be held on Wednesday, September 4, 2019. Have a good summer!

The following club trips are schedule during July:

**Wednesday, July 10, 2019** – Rip Van Winkle Boat ride on Hudson River, Lunch at Mariners Restaurant

**Monday, July 15, 2019** – Dreamland Wax Museum, Shopping, Faneuil Hall, Dinner at Maggiano's – Boston

**Wednesday, July 17, 2019** – Lobster luncheon cruise at Gloucester Harbor and Hammond Castle

**Tuesday, July 23, 2019** – Racquette Lake luncheon cruise, adult refreshments, Docksider, Glen Lake, NY

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

<https://csccony.weebly.com/trips-coming-up-in-2019>

## Directory:

### Bright Horizons

Susan Napierski, Director  
snapierski@colonieseniors.org  
518-459-2857, ext. 322  
Colonie 518-459-7967  
Latham 518-244-5206  
Clifton Park 518-371-2191

### Driver Fitness Center

Roger Dames, Coordinator  
rdames@colonieseniors.org  
518-459-2857, ext. 326

### Health & Wellness and RSVP

Marisa Geraghty, Director  
mgeraghty@colonieseniors.org  
518-459-2857, ext. 308

### Senior Dining

Caroline Barrett, Coordinator  
cbarrett@colonieseniors.org  
518-459-2857, ext. 327

### Tool Box

Leonard G. St. Gelais, Coordinator  
lstgelais@colonieseniors.org  
518-608-4758

### Transportation Services

Elizabeth Lattanzio, Director  
elattanzio@colonieseniors.org  
518-459-2857, ext. 301  
To Schedule a Ride:  
518-459-6064

### Umbrella of Colonie

Nicole Brammer, Director  
nbrammer@colonieseniors.org  
518-459-2857, ext. 311

### The Beltrone Living Center

Debbie McClune, Site Manager  
dmccune@colonieseniors.org  
518-459-2711

### King Thiel Senior Community and Sheehy Manor

Aimee Richardson, Site Manager  
arichardson@colonieseniors.org  
King Thiel: 518-429-6292  
Sheehy Manor: 518-782-2350

### Development

Laurie Miedema, Director  
lmiedema@colonieseniors.org  
518-459-2857, ext. 304

### Finance

Andrew C. Koenig, CPA  
Finance Director  
akoenig@colonieseniors.org  
518.459.2857, ext. 306

### Media and Communications

Michael DiGiuseppe, Specialist  
mdigiuseppe@colonieseniors.org  
518-459-2857, ext. 337



Colonie Senior Service Centers, Inc.  
6 Winners Circle  
Albany, NY 12205

NON-PROFIT  
ORGANIZATION  
U.S. Postage Paid  
Albany, N.Y.  
Permit No. 74

## 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.



## Croquet Tournament

Join Colonie Senior Service Centers, Inc.  
at our Croquet Tournament in support of our  
Bright Horizons Adult Day Services Program

**September 13, 2019**  
**12:30 p.m. – 4:30 p.m.**

Rain Date September 20, 2019

### Food and Refreshments

Prizes for:  
**Best Dressed Team**  
**Tournament Winner**

\$50 entry fee per player. To register,  
call Sharon Herald at 518-459-2857 ext. 302.

