

Holiday Gift Ideas

Don't know what to get Mom or Dad for the holidays? Have a friend or neighbor who already has everything? Look no further. Colonie Senior Service Centers can most certainly help you out with some very practical gift suggestions.

First, there is a membership to Umbrella of Colonie, a program that provides low-cost home maintenance to senior citizens in the Town of Colonie. We work with over fifty handy people who are vetted (screened with background checks) that can perform a variety of tasks around the house such as housecleaning, decluttering, yard work, snow removal, light plumbing and electrical, painting, and gutter cleaning. The program's goal is to fix small problems before they become major repairs.

A quick snapshot of some of our wonderful, reliable Umbrella handy people includes Mark Garzia who has been an Umbrella handyman for eight years, three weeks after retiring from his own business, Lexington Vacuums. Handyman Bill Teator, who has been with Umbrella for nine years performing plumbing and electrical work, thoroughly enjoys meeting new people and helping seniors. Nine-year handyman Mike Rosch enjoys helping seniors stay in their home and will assist them with practically everything "except housecleaning." Handywoman Sharon Otty commented, "It is rewarding to help others keep their independence." Last but not least, handyman Joe Montanio who has been with the program since September 2018 said, "I like everything about the Umbrella Program."

For more extensive repairs, we offer referrals to licensed professionals who will work with a member at a discounted rate. There are also some great benefits in becoming an Umbrella Member including carbon monoxide and smoke detector installation, quarterly informational luncheons,

access to a professional laundry service at a discounted cost, and free defensive driving classes. Best of all, an Umbrella membership gives family members peace of mind that their loved ones and homes are being cared for.

Our second gift suggestion is shopping for something unique or needed at the Tool Box located at 143 Troy-Schenectady Road in Latham. The Tool Box is a donation-based tool resale shop where people donate tools. Donations are cleaned, checked, and priced by a group of volunteers who staff the shop Wednesday through Saturday from 10 a.m. to 2 p.m. You never know what you might find. It is a great spot for handy people and tool lovers. If you are looking for inexpensive, reliable tools, the Tool Box is a great place to buy what is needed for that next home improvement project.

Our third suggestion is a "Ticket to Ride Coupon Book" for our Transportation Services. The book consists of five coupons for your special someone to use toward the suggested contribution for a trip provided by CSSC to and from medical appointments, shopping, the pharmacy, etc.

Lastly, may we suggest an annual membership to THE CENTER at CSSC. People love to learn, especially when it is about something that interests them. And if the information is friendly and engaging, so much the better. A membership to THE CENTER opens up so many experiences and opportunities.

It is the season of joy, gift giving and families united. All of us at CSSC wish you and yours a wonderful holiday season!

(L/R) Nicole Brammer, Umbrella of Colonie Director;
Handy people: Bill Teator, Mike Rosch, Mark Garzia,
Joe Montanio, and Sharon Otty



Message from the Executive Director



Happy December!

'Tis the season to wish one another joy and love and peace.

Recently, we observed the ninth anniversary of my mom's passing. Her death was one of the toughest things I have ever dealt with. In my opinion, death is extra hard during the holiday season as if a dark cloth has been draped over seasonal happiness.

My mom was a terrific human being. She was always trying to live life to its fullest regardless of the activity or task. Her last three years on earth were tough though. Once energetic, incredibly active, independent and the

life of an activity or function, she was confined to a wheelchair and needed supplemental oxygen after her stroke. If it had not been for the many, many caring friends and professionals who got her out of the wheelchair and off oxygen, her final three years on earth would have been completely dismal.



I have a special place in my heart for those who dedicate their lives to the service and care of others. In doing research on what makes a good caregiver, some common characteristics include:

- Kind and sympathetic to others
- Fun and outgoing
- Highly organized
- Practical
- Loyal
- Enjoys helping others
- Self-sacrificing
- Dependable
- Approval seeking

Approximately 9 to 13 percent of the population has this personality type. Thank goodness, we have so many of this type of individual working for Colonie Senior Service Centers.

All of us at CSSC want to take the time to say a special thanks to caregivers this holiday season. For the caregiver taking care of a spouse, aging parents or other loved ones, this may have been a tough year. Often, you may get little thanks for the job you do and may have moments you feel unappreciated. The work you do can be unrelenting and the holiday season may exacerbate the stress. So, with this in mind, we pause to say thank you and remind you that you are giving something that is more precious than any material possession.

—Diane Conroy-LaCivita

Cooking with NYS Maple Syrup – “Liquid Gold”

On Tuesday, December 3, from 11 a.m. to 1 p.m., please join Wayne Mortimer, Proprietor of Mort's Maple of Averill Park, for an introduction to the delicious process of maple sugaring in New York State. A variety of Wayne's syrups will be sampled as well as used in several recipes (just in time for holiday baking). This is a class not to be missed by anyone with a sweet tooth and an appreciation for Liquid Gold.

The class will take place at King Thiel Senior Community, 17 Elks Lane, with a \$5 fee for members of THE CENTER at CSSC and \$7 for not-yet members and will include a light 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.



It's Cookie Time . . .

Don't worry about creating all those holiday treats. Leave the baking to us. On Thursday, December 19, from 11 a.m. to 1 p.m., CSSC staff will share and demonstrate how to make their favorite holiday dessert/cookie recipes. Attendees then will be able to choose from a variety of cookies and other treats to take home with them.

The class will take place at King Thiel Senior Community, 17 Elks Lane, with a \$5 fee for members of THE CENTER at CSSC and \$7 for not-yet members and will include a light 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.



Sacred Space: First Unitarian Universalist Society of Albany

The journey continues on Wednesday, December 18, as we visit another sacred space. Join Diane Conroy-LaCivita as she travels to the First Unitarian Universalist Society of Albany on Washington Avenue in Albany.

Unitarians and Universalists have had a presence in Albany since 1842. The First Unitarian Universalist Society of Albany is comprised of brave, curious, and compassionate thinkers and doers. They are diverse in faith, ethnicity,

history and spirituality but aligned in their desire to make a difference for the good of all. They have a track record of standing on the side of love, justice, and peace. They are people of many beliefs and backgrounds.

The CSSC shuttle will leave The Beltrone Living Center at 9:30 a.m. and return at approximately 11:30 a.m. Space is limited. To make a reservation, please call Sharon Herald at 518-459-2857 ext. 302.

Capital Holiday Lights



Please join CSSC on Tuesday, December 17, as we visit the Capital Holiday Lights. The 2019 edition of the Capital Holiday Lights is an all-new, drive-through spectacular with more than 125 displays and scenes in Albany's beautiful Washington Park. At the end of our drive through the Lights, we will stop at the Washington Park Lake House.

Space is limited and you must be a senior to participate. The CSSC shuttle buses will leave The Beltrone Living Center at 5:45 p.m. and return at approximately 8 p.m. This outing is open to the public. To make a reservation, please call Sharon Herald at 518-459-2857 ext. 302.

Special Holiday Events

Join us at The Beltrone Living Center on Thursday, December 5, from 6 p.m. to 7 p.m., for our annual Holiday Tree Lighting with The Mendelssohn Club of Albany.

Join us on Monday, December 9, from 7 p.m. to 8 p.m., with the Colonie Town Band at The Beltrone.

Both of these special events are open to the public and free of charge. We hope to see you there.

Greeting Card Workshop

Marjorie Ward hosts a Handmade Greeting Card Workshop. Tuesday, December 10, with two separate sessions: 10 a.m. to 12 noon; and 1 p.m. to 3 p.m. The non-refundable fee is \$10 for members of THE CENTER and \$12 for not-yet members. To make a reservation call 518-459-2857 ext. 302.

Umbrella of Colonie Luncheon

The next Umbrella of Colonie Luncheon will be held on Tuesday, December 10, 2019, from 12 noon to 1 p.m., in the Lakeview Room of The Beltrone Living Center. The luncheon menu will feature beef stroganoff over egg noodles, peas, cranberry juice and apple pie. All Umbrella members and Umbrella handy people are encouraged to attend.

Our speaker will be Caitlin St. George of St. Peter's Health Care Partners. Caitlin is knowledgeable about all health at home matters.

Please call Rachel at 518-459-2857 ext. 303 to make a reservation before noon on Friday, December 6, 2019.

Defensive Driving Classes

Roger Dames, CSSC's Driver Fitness Coordinator, will conduct Defensive Driving Classes in December as follows:

Saturday, December 7, 2019

Tuesday, December 17, 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.



Help Support CSSC

As we come to the close of 2019, Colonie Senior Service Centers, Inc. (CSSC) respectfully asks you to consider making a gift to CSSC's Annual Appeal campaign. Your support will allow us to continue to serve our community of seniors with programs and services of the highest quality, many of which are presented in this newsletter.

- Your \$50 donation provides ten rides to seniors who need our Transportation Services.
- Your donation of \$100 allows five low-income seniors to receive membership scholarships to The CENTER at CSSC.
- Your financial support of \$250 provides five days of the Bright Horizons Adult Day Services program.

Your donation of any size is appreciated and goes to continuing our mission of serving seniors and their families. Please make your donation by writing a check and using the enclosed envelope or you may make an online donation at www.colonieseniors.org.

We thank you in advance for your consideration and support.

If you have any questions, please contact Laurie Miedema, Development Director, at 518-459-2857 ext. 304 or lmiedema@colonieseniors.org

What It Means to be Incarcerated?

Incarceration has four major purposes: retribution, incapacitation, deterrence, and rehabilitation. Retribution means punishment for crimes against society. Depriving criminals of their freedom is a way of making them pay a debt to society for their crimes. This topic is now being debated and is under great scrutiny.

Join Diane on Thursday, December 19, as she visits and tours the Albany County Correctional Facility, which was built in 1931 in the Town of Colonie. Everyone who attends **must** take CSSC transportation to and from the jail (individual cars will not be allowed), and attendees will **not** be allowed to take anything into the facility including handbags, coats, and phones. We will be leaving The Beltrone Living Center at 1:30 p.m. and returning at approximately 3:30 p.m. Space is limited. Please call Sharon Herald to make a reservation at 518-459-2857 ext. 302.

Meet Our Community Photographers for January and February: Schenectady Photographic Society

For more than eighty-five years, the Schenectady Photographic Society has been the meeting place of photographers of all levels, from beginners to serious amateurs to professionals, with the goal of exploring and sharing their love of photography.

Please join members of the Schenectady Photographic Society for the opening of their exhibit at The Beltrone Living Center on Thursday, January 9, from 4 p.m. to 5 p.m. The event is free and open to the public. All are welcome to see the exhibit and meet the photographers.



Local Artists, 55+, Wanted!

CSSC likes to support local artists by displaying their artwork in one of our public hallways at The Beltrone Living Center. A museum-quality tracking system is installed, which allows artists to show their art for a two-month period. Artists should have at least fifteen pieces available for the duration of the exhibit and will have the ability to make pieces available for sale, if they choose. An opening exhibit reception will be hosted by CSSC so that the artist may invite family and friends to celebrate the opening of the exhibit. We are looking for a variety of mediums. For further information, please call Sharon Herald at 518-459-2857 ext. 302.



Need Space for Your Next Meeting or Event?

Colonie Senior Service Centers is pleased to announce that our beautiful meeting spaces in The Beltrone Living Center are available to the community for hosting business meetings or personal events such as birthdays, showers, or anniversary celebrations.

Conveniently located in the heart of Colonie at 6 Winners Circle, space is available for groups whether large or small. The following chart provides detailed information on room capacities and costs. If food is required for an event, we will refer you to a representative of Mazzone Hospitality, LLC who will assist you with menu planning. Food costs are in addition to room rental costs.

If you are interested in learning more about our room rentals, please contact Carol Ripley, Contract Administrator, at 518-459-2857 ext. 310 or cripley@colonieseniors.org.

Room	Capacity	Four Hours or Less	More than Four Hours
Lakeview Room A	100	\$250	\$375
Lakeview Room B	60	\$200	\$300
Lakeview Rooms A & B	160	\$400	\$600
Lakeview Room C	60	\$200	\$300
Lakeview Rooms A & C	160	\$400	\$600
Lakeview Rooms A, B, & C	220	\$575	\$850
Small Dining Room	32	\$125	\$200
Library	10	\$50	\$75
Board Room	20	\$100	\$150
Lounge	12	\$50	\$75
Activities Room	35	\$125	\$200
Dance Room	25	\$100	\$150
Art Room	35	\$125	\$200

Enrolling in Medicare

There are many different options to consider when enrolling in Medicare, and it can be confusing. BlueShield of Northeastern New York, as a community-based, not-for-profit health plan with seventy years serving the Capital Region, recently opened Medicare Centers in Malta and Guilderland to help guide you through the Medicare process.

BlueShield's Medicare Centers are staffed with experienced representatives that can answer your questions, one-on-one, and help you make an informed and confident decision about your coverage.

The annual enrollment period runs through December 7, but BlueShield's Centers are open year-round. Visit BlueShield's Medicare Centers at 29 Kendall Way at The Shops of Malta and 1704 Western Avenue in Guilderland at the Price Chopper Plaza. You can also call BlueShield's dedicated Medicare Advantage number at 1-877-258-7453 (TTY 711), 8 a.m. to 8 p.m., seven days a week, email SalesCenterWNY@bsneny.com, or go to www.bsneny.com/medicare for more information.

Thank you to BlueShield of Northeastern New York for sponsoring our Founders' Luncheon Celebration. (Back Row: BlueShield Staff. Front Row: Founders' Awardees.)



Thinking of Moving? Ready to Downsize?

The Beltrone Living Center may be just the right place for you! Here's what our residents say:

It's the ideal place to live!

Great location!

So many social activities!

The staff is fabulous!



Located in the heart of the Capital Region at 6 Winners Circle in Colonie, The Beltrone Living Center is a unique housing community for individuals fifty-five years of age and over.

To learn more about The Beltrone Living Center or to arrange a tour, contact Debbie McClune, Site Manager, at 518-459-2711 or email dmclune@colonieseniors.org.



Thank you – CDPHP

On Friday, October 12, a group of nineteen energetic volunteers from CDPHP spent a half-day working with staff of The Beltrone Living Center on a variety of projects.

Thank you volunteers!



Thank you – Rosenblum Cos.

Thank you to The Rosenblum Companies for their donation of 6A Winners Circle to The Beltrone Living Center, including the newly paved driveway.

Thank you!





THE CENTER at CSSC – December and January Offerings

THE CENTER at CSSC is a place for individuals 55 years of age or older to learn, grow, exercise, and be creative. Best of all, it's a place to have fun!

CREATIVE PURSUITS

Member Cost Listed/ Not Yet Member

Ink Stamping Art 12/3, 4 p.m.	\$10/\$12
Paint + Sip 12/12, 6 p.m.	\$25/\$30
Holiday Card Party 12/10, 10 a.m. or 1 p.m.	\$10/\$12
Creative in Clay 1/13, 1/27, 2/3, 2/10, 2 p.m.	\$40/\$56
Mixed Media 101 1/17, 1/24, 1/31, 2/7, 10 a.m.	\$40/\$56

EDUCATION FOR LIFE

Genealogy, DNA How-to 12/10, 3:30 p.m.	\$8/\$10
Computer Know-How 1/13, 2 p.m.	\$25/\$30
Memoir Writing 1/14-2/18, 11 a.m.	\$39/\$47
Drop-In Genealogy Help 1/14, 3:30 p.m.	\$8/\$10

FITNESS OPPORTUNITIES

QiGong 12/4, 12/11, 12/18, 11 a.m. (see intro at right).....	\$19/\$25
Tai Chi 1/14 – 3/17, 1 p.m. or 2 p.m.	\$40/\$56
QiGong 1/8 – 3/11, 1 p.m.	\$40/\$56
Strength Training for Seniors 1/6-3/9, 11 a.m.	\$40/\$56
Zumba 1/6 – 3/9, 1 p.m.	\$40/\$56
Yoga for Arthritis 1/13, 1/27, 2/3, 2/10, 1 p.m.	\$25/\$34

TRAVEL EXPERIENCES

New York City Sights and Shops 12/9, Leaves 8:30 a.m., returns 7 p.m.	\$75/\$90
Troy Music Hall 12/10, Leaves 11 a.m., returns 2 p.m.	\$5/\$7 plus \$5 transportation donation
Governor's Mansion 12/12, 11:30 a.m.	\$5/\$7 plus \$5 transportation donation

For membership and class registration 518-459-2857, ext. 327

thecenteratCSSC@colonieseniors.org

Join now, \$20 for now through December 2020

HAPPY HOUR! Members only—FREE

Button Ornaments Party—Wednesday, December 11, at 10 a.m.

For a detailed catalog, visit
www.colonieseniors.org
or call Caroline at 518-459-2857 ext. 327

THE CENTER at CSSC Travel Experiences

New York City Sights and Shops

Get on the party bus with Sharon and Caroline! We will head to the Big Apple for a big day of fun, food and a few surprises. The itinerary includes the High Line park, Chelsea Market and Bryant Street Park. Come along for fun, food and shopping.

Monday, December 9. Bus leaves The Beltrone at 8:30 a.m., and returns approximately 7 p.m. This tour includes a snack and transportation.

\$75 for members; \$90 for not-yet-members.

Troy Music Hall Concerts

Join us as we travel to the beautiful Troy Music Hall to enjoy the sounds of everything from classical, vocal and some Irish tunes. This month: Bleecker Consort, Medieval & Renaissance Music. Pack your lunch, as we'll arrive early to secure seats and enjoy our own lunches while we wait.

Tuesday, December 10, Bus leaves The Beltrone at 11 a.m., returns 2 p.m.

\$5/\$7 plus \$5 transportation donation

Governor's Mansion

Join THE CENTER for a tour of the historic and beautiful New York Governor's Mansion in downtown Albany while it is decorated for the holidays.

Thursday, December 12, Bus leaves The Beltrone at 11:30 a.m., returns 1:30 p.m.

\$5/\$7 plus \$5 transportation donation

What is QiGong?

QiGong is one of the most powerful and effective self-care healing practices and uses gentle movement, breath, mind focus, self-massage and healing sounds to improve the functioning of every system in the body. QiGong is especially effective in the prevention and healing of acute and chronic illness.

Taught by Diana Wells, RN/NP. Diana is the founder of Heart Lotus QiGong, has been a healing arts practitioner for over 40 years and a QiGong Teacher for 11. She holds multiple certifications in both.



Visit Santa and Support THE CENTER at CSSC

Join us for Breakfast with Santa at The Beltrone on Sunday, December 8, from 9 a.m. to 11 a.m.

Come for a picture with Santa, a sweet holiday craft, hot cocoa bar, and plenty of good cheer. Breakfast includes French toast, bacon and fruit.

Adults: \$9; Children 10 and under: \$5.
Buy tickets in advance to guarantee your spot. Call 518-459-2857 ext. 303 for reservation.



Senior Dining Program – December Menu

Location; The Beltrone Living Center, 6 Winners Circle, Albany.
Call for other locations.

Dec 2 American goulash	Dec 16 Chicken primavera
Dec 3 Scalloped potatoes w/ham	Dec 17 Baked ziti with meatballs
Dec 4 Seafood macaroni & cheese	Dec 18 Chicken Marsala
Dec 5 Turkey bolognese	Dec 19 Baked Cod Loin
Dec 6 Swedish meatballs	Dec 20 Shepherd's pie
Dec 9 Cod w/butter crumb topping	Dec 23 Macaroni & cheese
Dec 10 Veggie pizza	Dec 24 Chicken Cacciatore
Dec 11 Beef stroganoff	Dec 25 CLOSED
Dec 12 Chicken & bacon mac & cheese	Dec 26 Beef Tips w/Gravy
Dec 13 Shrimp scampi	Dec 27 Chicken Parmesan
	Dec 30 Chicken Caesar wrap
	Dec 31 Pulled pork sandwich

For reservations call
518-459-2857 ext. 303

ALL MENUS ARE SUBJECT TO CHANGE.
ALL LUNCHES INCLUDE SIDE DISHES AND DESSERT.
Lunch Served at Noon

\$3 suggested donation for the meal and \$3 for entertainment.

SPECIAL LUNCH

December 6 at noon. Come hear the beautiful sounds of a cappella! The Forgettable Four will be here to sing oldies, holiday tunes and have plenty of finger-snapping fun. Lunch will be pot roast with vegetables, whipped sweet potatoes, spoon corn bread and ice cream with caramel sauce.

SPECIAL DINNER

December 16 at 5 p.m. Holly Beltan is back with an all-new holiday Broadway show! Holly is well known for her beautiful singing voice and over-the-top exuberance with costumes and fun energy. This is excellent holiday fun! Dinner will be Swedish meatballs with egg noodles, carrots, pears and vanilla cake with chocolate frosting.

LUNCH AND LEARN

December 4 at noon. Please join us as we welcome The Honorable Andrew Sommers, Colonie Town Judge, of the Colonie Court. Hon. Sommers will be here to discuss Local Justice Court 101. Lunch will be seafood macaroni and cheese, stewed tomatoes and sliced peaches with cream. Suggested donation of \$3.

December 19 at noon. Dan Baggott, Board Certified Hearing Instrument Specialist, will be at The Beltrone to discuss hearing health, how to choose a hearing aid that is right for you, and common ear ailments such as tinnitus. Lunch will be a baked cod loin, sweet potato, roasted broccoli, pears and a molasses cookie.
Suggested donation of \$3.

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 and click on Dining to view December Menu, and Special Events.

Town of Colonie Senior Resources Department



HEATING ASSISTANCE PROGRAM

The Home Energy Assistance Program (HEAP) provides financial assistance with heating costs to low income residents. Monthly gross income cannot exceed \$2,494 for individuals and \$3,262 for couples. If you receive Food Stamps and live

alone, you will receive an automatic benefit and do not need to apply. If you have received HEAP in the past, you will receive a renewal application in the mail.

Application assistance during the HEAP season is available through the Town's Senior Resources Department at The Beltrone Living Center on December 11 and January 15. Applications will be accepted for both senior and non-senior town residents. Appointments are required. For more information, please call the Senior Resources Department at 518-459-5051, ext. 2.

AARP TAX ASSISTANCE

Tax assistance will again be provided through AARP and the Town's Senior Resources Department for the 2019/20 tax season on Mondays at Colonie Town Hall and Wednesdays at the Crossings. Tax assistance is not a walk-in program and appointments are required. Appointments will be taken beginning January 6, 2020, and are available on a first come first serve basis. To make an appointment, please call Carrie at 518-459-3977.

On behalf of the Town of Colonie and the Senior Resources Department, warm wishes for a very happy and healthy holiday season.

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

Colonie Senior Citizens Club

Happy Holidays! Our next meeting will be held on December 4 in the Lakeview Room at The Beltrone. Our speaker will be Raymond Shafer, owner of OASIS (Senior Living Alternatives). Our Holiday Party is at the Desmond on December 8 at noon. Call Theresa Flynn 518-225-3711 for tickets or information.

Our last trip this year is to see The Rockettes at Radio City Music Hall on December 11. We will be dropped off on a side street near the theater and will just have to wait in line a little longer. Lunch is included at \$86 and \$96. There is room left for this trip. Call Helen McCumber 518-785-4709.

Our January Meeting will be on the 8th, due to New Year's Day, at The Beltrone.

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

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

CSSC Mission Statement

The mission of Colonie Senior Service Centers, Inc. (CSSC) is to provide comprehensive services to those in our community who are in or approaching their mature years, and to provide support and services to their families and caregivers.

Through these services, CSSC strives to ensure the physical, mental, emotional and financial well-being of our participants, improve the quality of life, and to enhance the structure and stability of our community as a whole.

Directory

Executive Director

Diane Conroy-LaCivita
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Bright Horizons

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RSVP and Volunteer Coordinator

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

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

Fun volunteer fact – RSVP volunteers served 28,573 volunteer hours in the Capital Region over the last year!

Be Happy!



Join us for the second session of our
Positive Living RSVP Lecture Series

Monday, December 9, 2019, 9:30 a.m. – 11:30 a.m.
Lakeview Dining Room, The Beltrone Living Center

Conducted by John and Heidi Kowalchuk, Reiki Masters, certified Sound Therapists and trained Drum Circle Facilitators. Attendees will learn simple techniques promoting mental, emotional and physical wellness through breath work, toning (making vocal sounds) and drumming, will get to participate in a drum circle and learn how you can use your new drumming skills as a volunteer!

Free and open to the public. Reservations are required.
Contact Marisa Geraghty at 518-459-2857 ext. 308 or
mgeraghty@colonieseniors.org



**Support the Programs and Services
of Colonie Senior Service Centers, Inc.
with a year-end gift!**

Online at www.colonieseniors.org
by clicking "Make A Gift"
or by mail at Colonie Senior Service Centers, Inc.
6 Winners Circle, Albany, NY 12205

Reminder!

#Giving Tuesday is December 3.
Please go to our website and donate to CSSC.

**HELP CSSC
WIN THE ...**



**THE BIG
\$100,000
GIVEAWAY**
10 nonprofits will receive
\$10,000 in free advertising

HOW TO VOTE

1. Easy! Go to timesunion.com/capitalregiongives
2. Click on the link to vote
3. Find Colonie Senior Service Centers, Inc. from the nonprofit listing
4. *click* and done
5. One vote per day, per device. Voting ends December 5.

The top 10 nonprofits, by your votes, will each win \$10,000 in free advertising from the Times Union. Winners will be announced online and in the paper in December.