CSSC to Host Warmth of Winter to Help Seniors Stay Warm and Healthy

As Capital Region residents, we know that we will likely experience the extreme cold and snow of the winter season. In this regard, it is important that we remember how difficult, and at times dangerous, winter can be, especially for seniors. With cold temperatures, older adults can lose body heat fast; and a chill can turn into an illness or hypothermia quickly. Many income challenged seniors struggle to pay their heating bills. Some are unable to upgrade their heating systems that allow them to live comfortably and safely in their homes. Each year Colonie Senior Service Centers, Inc. (CSSC) holds Warmth of Winter, an event to raise the funds needed to assist seniors struggling to heat their homes during the winter thus allowing them to choose to age in place in their home safely.

We are thrilled, once again, to have Crisafulli Bros. partner with us in this initiative. Proceeds from Warmth of Winter directly support seniors in need. CSSC received the following note from an appreciative senior after last year’s event:

"Dear Friends of the Colonie Senior Service Centers, Inc.,

I wish to thank you for the payment of my National Grid bill with the Warmth of Winter heating assistance. I appreciate your assistance more than you can know. God bless you for your kindness and know that I am so glad to be warm this winter and able to pay for my nice warm apartment. I am 94 years old and thank God for your help.

–MJ"

This year’s Warmth of Winter will be held on Thursday, February 27, 2020, from 5:30 p.m. to 8:30 p.m., at Wolferts Roost Country Club in Albany. This exciting wine and craft beer tasting event will assist over two hundred seniors in our community to remain healthy and warm due to your help and support to adequately heat their homes. You are cordially invited to join us for a fun evening of sumptuous food stations, wine selections, craft beer tastings, a Mystery Wine Pull, and an amazing live and silent auction.

Honorary Committee memberships and individual tickets are available at www.colonieseniors.org.

- Individual tickets – $65 per person
- Young professionals (under 35) – $35 per person
- Seniors (age 60 and older) – $35 per person
- Honorary Committee membership – $125 per person or $200 per couple

For more information, contact Laurie Miedema, CSSC Development Director, at 518-459-2857, ext. 304 or via email at Lmiedema@colonieseniors.org.
For the Love of Chocolate

Chocolate has strong symbolic meaning representing love, passion, care, and a happy life. It is a known fact that many people love chocolate for the rich taste and the aphrodisiac powers associated with it. All over the world, chocolate is eaten on a daily basis by millions. In the United States, it is reported that over one hundred pounds of chocolate are consumed every second!

Please join Chef John Piccolo, CSSC’s Senior Dining Coordinator, and Diane Conroy-LaCivita on Valentine’s Day, Friday, February 14, from 11 a.m. to 1 p.m., as they discuss and demonstrate some of their favorite chocolate recipes. Attendees will be able to sample from a variety of dishes made.

NOTE: Prizes will be awarded to attendees who most appropriately dress for Valentine’s Day.

Fat Tuesday

Mardi Gras is French for “Fat Tuesday,” reflecting the practice of the last day of eating rich, fatty foods before the ritual fasting of Ash Wednesday and the Lenten season. It is also the last day of the Carnival season in New Orleans. In 2020, Mardi Gras Day falls on Tuesday, February 25.

Please join Chefs Joan Porambo and Kyle MacPherson of Field Notes on Tuesday, February 25, from 11 a.m. to 1 p.m., for a fabulous Mardi Gras themed cooking demonstration that follows their philosophy of gaining a better appreciation for where the food we cook with comes from and who grows it.

NOTE: Chef Joan and Chef Kyle were the Judges’ Choice Winners at last year’s Chefs in Motion: Culinary Tasting and Competition.

Classes 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.

Happy February!

Historical names for February include the Old English term Solmonath meaning “mud month” and in Polish and Ukrainian, respectively, the month is called luty or лютий, meaning “the month of ice or hard frost.”

February is known for being National African American History Month and National Bird Feeding Month in addition to the month we celebrate two of our U.S. Presidents’ birthdays, Lincoln on February 12, and Washington on February 17, and Mardi Gras Day, also known as Fat Tuesday, on February 25.

February is also the month of LOVE with the annual celebration of St. Valentine’s Day. To help get a better understanding for how different types of love work, let us explore the three types of love defined by the Ancient Greeks. The first is “Eros,” which is the type of love that most closely resembles romantic love. The second, “Philia,” is similar to brotherly love. The third, “Agape,” is a bit more abstract and referred to now as universal love, charity, or even altruism. Essentially, it is the love inside us that we give freely to others, regardless of our relationship to them.

Giving back makes us the happiest at Colonie Senior Service Centers. Each month we renew our commitment to learn more about the seniors we serve and to make sure that our services and programs are relevant. Today, the message of unity over division is needed more than ever. In that regard, diversity is present and respected. All of us are unique regardless of age, gender, race, sexual orientation, or religion. This uniqueness allows us to celebrate and continually learn.

On Sunday, March 8, CSSC will partner with many in the community to celebrate International Women’s Day (IWD). The celebration will take place at The Beltrone Living Center and is open to all. Many might not realize that IWD was started in New York State over a hundred years ago. We warmly invite you to honor this day with us, to come together, to share, and learn with our community.

In June, I am planning a weekend outing to Seneca Falls and I want you to come along. Further details will be forthcoming.

Finally, thank you to everyone who gave so generously to our end-of-year appeal. We are fortunate to have so many who believe in our mission and what our dedicated staff, volunteers, and Board of Directors do tirelessly, day-in and day-out to support seniors in our community.

“May the dreams you hold dearest be those which come true and the kindness you spread keeps returning to you.”
- (Irish proverb)
Greeting Card Workshop

Join us on Wednesday, February 5, from 10 a.m. to noon, as we welcome local artist Marjorie Ward for a Handmade Greeting Card workshop. Choose Valentine’s, Easter, or Spring themed decorations to create beautiful, handmade cards. All supplies will be included so all you need to bring is your imagination.

The class will be held in the Art Studio of The Beltrone Living Center with a fee of $10 for members and $12 for not-yet-members of THE CENTER at CSSC. Space is limited. Please call Caroline to make a reservation at 518-459-2857 ext. 327.

Defensive Driving Classes

Roger Dames, CSSC’s Driver Fitness Coordinator, will conduct Defensive Driving classes in February as follows:

- **Thursday, February 6, 2020**
- **Saturday, February 29, 2020**

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.

Sacred Space: First Presbyterian Church of Albany

The journey continues on Wednesday, February 19, as we visit another sacred space. Join Diane Conroy LaCivita as she travels to the First Presbyterian Church of Albany located on State Street in Albany.

First Presbyterian Church of Albany has a long history in the city of Albany. Established in 1763, First Presbyterian has been an active leader in the community, ministering to the needs of people both in the neighborhood and around the world. They are a congregation that works for peace and justice in our society.

First Presbyterian’s Tiffany windows are famous and include a sweeping Adirondack view of Lake Luzerne. Architecturally, the church is considered an absolute gem in the Capital Region.

The CSSC shuttle bus 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.

Tour NYS Police Troop G Headquarters

The headquarters, situated on 42 acres in Latham, NY, houses administrative, investigative, training, and support facilities for State Police operations in the Troop G region, which includes ten counties. The facility incorporates a communications center, a traffic management center, and a forensics crime lab.

The tour is scheduled for Monday, February 24. The CSSC shuttle bus will leave The Beltrone at 9:40 a.m. and return at 11:20 a.m. To register, call Sharon at 518-459-2857 ext. 302.

4.3 Million

That’s the number of New York State drivers 55 and older, the New York State Office for the Aging says, a number expected to rise to 5.3 million over the next decade.

How to Go on Ice and Snow

- Avoid driving while fatigued.
- Use your safety belt every time you get in the vehicle.
- Never warm up a vehicle in an enclosed area, such as a garage.
- Never leave your vehicle unattended with the engine running.
- Make certain your tires are properly inflated.
- Keep your gas tank at least half full to avoid gas line freeze-up.
- If possible, avoid using your parking brake in cold, rainy and snowy weather.
- Do not use cruise control when driving on any slippery surface (wet, ice, sand).

Driving in ice and snow conditions can be very challenging. The key to safe driving is to adapt to these conditions. Follow these tips to arrive at your destination safely.

Shout Out

Benjamin Lattanzio and his fellow team members of the NYS Office of Fire Prevention and Control were recognized by Governor Cuomo at his State of the State Address on January 8, 2020, for their accomplished response and rescue of several trapped individuals during the Halloween Flooding in Herkimer County, NY. Benjamin is the eldest son of Betsi Lattanzio, CSSC Director of Transportation, and an extremely proud mother.
Calling Young and Old – Mark Your Calendar

Please join us on Sunday, March 8, from 12 noon to 3 p.m., at The Beltrone Living Center for an International Women’s Day (IWD) celebration.

IWD has occurred on March 8 for well over a century, with the first organized gathering occurring in 1911. However, the idea of IWD began a few years earlier when great unrest and critical debate was taking place amongst women. Women’s oppression and inequality was spurring women to become more vocal and active in campaigning for change. Then in 1908, fifteen thousand women marched through New York City demanding shorter hours, better pay, and voting rights. IWD is not country, group or organization specific; it belongs to all groups collectively everywhere.

Gloria Steinem, world-renowned feminist, journalist and activist said, “The story of women’s struggle for equality belongs to no single feminist nor to any one organization but to the collective efforts of all who care about human rights.”

So make International Women’s Day your day and do what you can to truly make a positive difference for women. This event is open and free to all. There will be many activities, participants and exhibitors. For additional information, please call Diane at 518-459-2857 ext. 305.

Celebrating a Local Female Labor Organizer

Join Diane on Wednesday, March 11, as she visits the Kate Mullany House in Troy, a National Historic Site, dedicated to a pioneer female labor organizer. The modest three-story brick house is the only surviving building associated with Kate Mullany, a young Irish immigrant laundry worker who in 1864 organized and led the all-female “Collar Laundry Union” labor union.

The Collar Laundry Union, unlike so many other unions, remained an organized force in the industries of Troy, New York, more than five years after its inception. The origins of Kate Mullany’s union date back to the 1820s when entrepreneurs established the nation’s first commercial laundry in Troy to wash, starch, and iron a local invention, the “detachable collar.” By the 1860s, Troy supplied most of America’s detachable collars and cuffs, employing over 3,700 women launderers, starchers, and ironers. Working fourteen hour days for two dollars a week, the women launderers labored in oppressive heat. When owners introduced new machinery that increased production, but worsened working conditions, Kate Mullany organized a union to demand change. In February 1864, Mullany and two hundred other workers formed the Collar Laundry Union.

The CSSC shuttle bus will leave The Beltrone Living Center at 9:30 a.m. and return at approximately 12:30 p.m. NOTE: This site is three stories high with no elevators and will require quite a bit of walking. Space is limited. This event is free for members of THE CENTER at CSSC and $10 for not-yet-members. To make a reservation, please call Sharon Herald at 518 459-2857 ext. 302.

Memorials and Donations

We would like to remind you that you may make donations to CSSC and earmark the donation or memorial to a specific program. The programs that will benefit from your generous donations are: Bright Horizons Adult Day Services, CSSC Transportation, Driver Fitness Center, THE CENTER at CSSC, RSVP, Senior Dining, Umbrella of Colonie, and Toolbox.

A Special Thank You! AYCO

Colonie Senior Service Centers extends our sincere appreciation to Ayco – A Goldman Sachs Company for their generous support of our Transportation Services at the end of 2019.
Meet DaisyMae

DaisyMae is a beautiful white and gray cat who has spent all of her five-and-a-half years living at The Beltrone Living Center with John and Ora Henkes. Although DaisyMae is happy to have two doting owners, she is definitely “John’s Girl.” DaisyMae’s life is quite busy watching many things from her fourth floor windows. In the warm weather, she enjoys watching the ducks and geese swimming in the pond and residents relaxing in the gazebo on the edge of the pond. And year-round, there are squirrels scampering from tree to tree and many varieties of birds flying around. DaisyMae also enjoys chasing the lady bugs that visit her porch. But according to John and Ora, DaisyMae’s favorite activity is napping — something many of us can relate to!

There is so much to do here at The Beltrone, even for our feline residents! DaisyMae is looking forward to many more years of living at The Beltrone.

For the Love of Volunteering

Meet Andre Assalian, a resident of The Beltrone Living Center and one of our Retired and Senior Volunteer Program (RSVP) volunteers giving back to our community.

Andre volunteers for the U.S. Committee for Refugees and Immigrants (USCRI) in Albany where he has been helping refugees prepare to take the U.S. citizenship test since early 2019. His gratitude for the kindness and help his own family received when they immigrated to Canada to escape the Armenian genocide, and subsequently became a naturalized U.S. citizen, inspires his volunteerism. He wanted to help others in the same situation as he understands how difficult it is to have to leave your homeland for a foreign country in order to be safe.

Andre volunteers once a week at USCRI teaching American history and civics to help refugees prepare for their citizenship test. Andre explained that it usually takes two to three years from the time they are admitted as refugees until they are ready to take the citizenship test. The individuals Andre currently helps are mostly from the Middle East (Iraq, Afghanistan, Myanmar, Burma) and have become a close-knit group.

If you are interested in becoming an RSVP volunteer, contact Marisa Geraghty at 518-459-2857 or mgeraghty@colonieseniors.org.

A Proud Story of Military Service

Walter DeVoss has been a resident of King Thiel Senior Community since March 2018. As a veteran of World War II, he has an interesting story to tell.

Not long after the attack on Pearl Harbor, seventeen-year-old Walter tried to enlist in the U.S. Navy. Knowing that his father would object, he convinced his sister to forge his dad’s consent on the enlistment papers. Shortly thereafter, his sister confessed and his father put an end to Walter’s military plans. However, his dad eventually relented and Walter was off to boot camp near Chicago.

Following basic training, Walter was assigned to the recently commissioned USS Santa Fe, a Cleveland Class Cruiser, destined for service in the Pacific Theatre. Walter’s battle station was a 40 mm Bofors Anti-Aircraft Gun. There was no shortage of action as the Santa Fe was soon attached to the fast carrier task forces spearheading allied advances across the Pacific.

Walter recalls arriving at Pearl Harbor while the devastation caused by the December 7, 1941, sneak attack was still very much in evidence. On the lighter side, he has some fond memories of visits to nearby Honolulu, the details of which remain a closely guarded military secret.

As the war in the Pacific unfolded, Walter and the Santa Fe saw plenty of action. Engagements included the battles at Tarawa, Wake Island, the Marshall Islands, Truk Saipan, Iwo Jima, Guam, and Okinawa among others. Walter has vivid memories of Kamikaze attacks and surface battles. The Santa Fe also rescued more than eight hundred sailors from the stricken aircraft carrier USS Franklin. This operation required the Santa Fe to go alongside the Franklin as ammunition exploded throughout that burning ship. The resulting damage to the Santa Fe was extensive. Thanks to Walter and his fellow crewmembers, the USS Santa Fe earned a total of thirteen battle stars for their service in World War II.

Walter, thank you for your service to defend our nation and our freedom.

(L-R) Walter at 17 and today at King Thiel
February Offerings

CREATIVE PURSUITS
Member Cost/Not-Yet-Member
Greeting Card Workshop 2/5, 10 a.m. – noon .................... $10/$12
Digital Photography 2/12, 2/19, 2/26, 3/4, 2 – 3 p.m. ... $40/$56
Project Stitch: Market Bags 2/24, 3/2, 3/9, 9:30 a.m. – noon ........ $49/$56 +$15 material fee

EDUCATION FOR LIFE
Genealogy, “10 Best Free Websites for Genealogy” 2/18, 3:30 – 5:30 p.m. ............................................ $8/$10
Ukulele, 2/24, 3/2, 3/9, 3/16, 2 -3:15 p.m. ...................... $29/$34

FITNESS OPPORTUNITIES
QiGong, 2/12, 2/19, 2/26, 3/4, 11 -11:45 a.m. ....................... $25/$34
Yoga for Delightful Aging, 3/9, 3/16, 3/23, 3/30, 11:45 - 12:45 p.m. .................. $25/$34

TRAVEL EXPERIENCES
Troy Music Hall
The Troy Music Hall is the setting for a series of free noon time concerts. Join us as we gather with friends to enjoy the sounds of everything from classical, vocal and some Irish tunes. Pack your own lunch, as we plan to arrive early to secure seats and enjoy our own lunches while we wait.
February 11, Quintocracy, Woodwind Quintet
Leaves The Beltrone at 11 a.m., returns approximately 1:30 p.m. $10 for members, $12 for not-yet-members

Albany Architecture Tour
From noble historical buildings to shining examples of modernity, Albany is home to many thought-provoking buildings. Join Diane Conroy-LaCivita on a tour through Albany to discover hidden gems, stories of years past, and even a peak at what the future might hold for our city.
Thursday, February 20,
Leaves The Beltrone at 10 a.m., returns approximately noon. $10 for members, $12 for not-yet-members

Join Us at . . .
Join CSSC as we travel to Rivers Casino in Schenectady for a Young at Heart 55+ Monday on Monday, February 10, 2020.
The Premier Transportation bus will leave The Beltrone Living Center at 10:30 a.m. and will return at approximately 3:30 p.m. Prepayment of a non-refundable fee of $20 is required. To make a reservation, please call Sharon Herald at 518-459-2857 ext. 302.

THE CENTER at CSSC

Albany Institute of History and Art
Join us for a trip to the Albany Institute of History and Art for a guided tour of the museum’s permanent collection, and also see Otto Plaug: Portraits Out West. Otto Plaug was an early 20th century painter who captured the people and scenery of New Mexico in rich, vivid colors. There will be free time to wander the galleries and shop before the tour.
Tuesday, February 25,
Leaves The Beltrone at 12:30 p.m., returns at 3:15 p.m. $20 for members/$25 for not-yet-members.

HAPPY HOUR! RESERVATIONS REQUIRED
DIY Sugar Scrubs
Winter is hard on skin. Come for a morning of pampering and take care of the skin you’re in! We’ll work together to make two homemade scrubs: lavender sugar scrub and grapefruit and lemon salt scrub. Everyone will take a sample home to use and share.
Tuesday, February 18 at 10 a.m.
In the Art Studio at The Beltrone.

GAMES AND MEET-UPS (MEMBERS ONLY)
Artists Gathering
Come together with like-minded creative people for two hours of quiet production, support and community amongst other artists. Bring your own project and materials and clean up when you’re finished. Registration required.
9:30 – 11:30 a.m., Tuesdays and Thursdays

In Stitches
Join us for a friendly knitting circle. This is a place to work, talk and find support and guidance in your knitting projects.
1:30 – 3:30 p.m., Fridays

Bingo
Everyone’s favorite game! Join us for fun, friendship and prizes.
1 – 3 p.m., Wednesdays
6:30 – 8:30 p.m., Sundays

Games for All – Drop-in
These events are weekly and open to members only.
Newcomers are welcome.
Mah Jong: Tuesdays at 1:30 p.m.
Pinochle: Friday at 9:45 a.m.
Bridge: Tuesday at 12:30
Pool: Monday – Friday, 9:00 a.m. – 3:00 p.m.

Become a member for $20 in 2020.
For a detailed catalog, visit www.colonieseniors.org or call Caroline at 518-459-2857 ext. 327
Senior Dining Program – February Menu

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

- Feb 3 Macaroni & Cheese
- Feb 4 Chicken Cacciatore
- Feb 5 Sausage w/Peppers & Onions
- Feb 6 Beef Tips
- Feb 7 Spaghetti & Meatballs
- Feb 10 Chicken Caesar Wrap
- Feb 11 Pulled Pork
- Feb 12 Meatloaf w/gravy
- Feb 13 Stuffed Shells
- Feb 14 Baked Cod
- Feb 17 Meatball Sub
- Feb 18 Salmon Cakes
- Feb 19 Beef Stew
- Feb 20 Chicken Florentine
- Feb 21 Vegetable Lasagna
- Feb 24 Goulash
- Feb 25 Scalloped Potatoes w/Ham
- Feb 26 Seafood Macaroni & Cheese
- Feb 27 Turkey Bolognese
- Feb 28 Baked Cod

Lunch Served at Noon. For reservations call 518-459-2857 ext. 303

ALL MENUS ARE SUBJECT TO CHANGE.
ALL LUNCHES INCLUDE SIDE DISHES AND DESSERT.

SPECIAL LUNCH – Suggested donation of $3 for lunch.
Reservations required. Lunch served at noon.

February 7 at noon. Guitarist and vocalist Tony Schettino presents a variety of classic music spanning Jazz, pop, country sing alongs and early rock and roll. All tunes are immediately familiar and audience participation is encouraged. Lunch will be spaghetti and meatballs, asparagus, green salad and sherbet.

SPECIAL DINNER – Suggested donation of $3 for dinner.
Suggested donation of $3 for entertainment. Reservations required. Dinner served at 5 p.m.

February 24 at 5 p.m. Come for the exciting sights and sounds of old fashioned square dancing! Walter Wall will be here, calling dances, and you can watch pairs of dancers twirling and stamping in tune to the music. Dinner will be a summer party in February. BBQ chicken, potato salad, baked beans, green beans, corn bread and pound cake with strawberries. Prizes for the best cowboy/cowgirl shirt!

Lunch served at noon.

February 4 at noon. Join us as we host David Louis, animal communicator. David will explain the process of communicating with animals and tell amazing stories of his experiences of almost twenty years as an animal communicator. Lunch will be chicken cacciatore over egg noodles, sautéed spinach, cranberry juice and rice pudding.

February 13 at noon. Come for a presentation about the life and times of the wonderful Duke Ellington. Over six decades, Duke Ellington (1899-1974) demonstrated his remarkable gifts as a jazz composer, arranger, bandleader and pianist. Ellington expert Bill Saxonis will survey the Ellington legacy with a special emphasis on Ellington’s often underappreciated impact on civil rights. Lunch will be stuffed shells, sautéed carrots and warm peach crisp with whipped cream.

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 February Menu, and Special Events.

Town of Colonie Senior Resources Department

Qualify for Medicaid Home Care with a Pooled Trust
A pooled trust could help you, or a loved one, qualify financially for Medicaid to receive home care and other health benefits not covered by your Medicare plan.

Home care and other long-term care services can often amount to thousands of dollars a month and many struggle to pay for care on top of other bills. Medicaid in New York will help cover the cost of these services for people with disabilities and seniors with disabling chronic conditions who wish to live at home and who meet the financial limits to qualify.

If your income is above the Medicaid limits, you can still qualify by spending down your excess monthly income on medical bills or paying the excess amount to your local department of social services. Unfortunately, with the money you are left with each month, it can be difficult to continue to afford your basic monthly expenses, such as food, housing, and utilities.

In New York there is another option where you deposit your excess monthly income into a pooled trust also called a supplemental needs trust (SNT) administered by a not-for-profit that allows people with disabilities and seniors to become financially eligible for Medicaid-funded home care services while being able to utilize excess monthly income to pay bills.

Each month, you deposit your excess monthly income into the trust, by check or electronically, to meet your spend-down. The cost to administer the trust is based on your deposit amount and comes directly out of your spend-down. Then you submit bills for the trust to pay with the funds available, such as rent/mortgage, utilities, credit cards, food, life-enhancing purchases, and other personal needs.

This makes it possible for seniors and people with disabilities to remain comfortably at home and maintain independence in the community for as long as possible.

To learn more, contact NYSARC Trust Services at 518-439-8323 or visit www.nysarctrustservices.org. You may also contact Senior Resources Department at 518-459-5051.
Christine Cary, Director
Town of Colonie Senior Resources Department
518-459-5051

Colonie Senior Citizens Club

Hello everyone, I hope that you enjoyed your Holidays. It is time to get back to regular things. Our next meeting is on February 5, at The Beltrone, and our speaker is someone from the Colonie Police Department speaking about the most recent scams and what seniors should do to combat them.

Dolores has two trips coming up. On Thursday, March 26, we are going to The New England Aquarium and Imax Theatre in the Aquarium in Boston, lunch included. Cost is $40 Primary/$50 for Social. On Thursday, April 23, a trip to Huntington Hills Playhouse Dinner Theatre, in N.J., to see Sherlock Holmes. Lunch selection at time of booking your reservation. Cost is $40 Primary/$50 for Social.

More people are needed to sign up for trips. Check our website to see what is going on. Call Helen for reservations at 518-785-4709. We also have our 50th Anniversary Party on April 22, 2020, at the Century House. Theresa Flynn is chairing this party. Call her at 518-225-3711.

Hope to see you at the meeting and all other events.

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

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 February Menu, and Special Events.
Colonie Senior Service Centers, Inc.
6 Winners Circle
Albany, NY 12205

We are grateful to those who supported the 2019 Year End Annual Fund. Your donations make a difference to seniors and their families. as of 12/31/19

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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.

We are grateful to those who supported the 2019 Year End Annual Fund. Your donations make a difference to seniors and their families.

FEBRUARY 2020 | Volume 34, Edition 2

518.459.2857 | www.colonieseniors.org | info@colonieseniors.org | Connect with us:

Colonie Senior Service Centers, Inc. was established in 1981 as a duly authorized 501(c)(3) not-for-profit corporation.