

RSVP Continues to Grow and Serve



Our Volunteers

We actively recruit volunteers through our RSVP Volunteer Opportunity Fairs. The fairs have grown from just one in Albany County to one in each of the three counties the program serves. Our stations are all invited to staff a table with information about volunteering opportunities with their organization, and the public is invited to come and meet face-to-face with them to learn about volunteer opportunities.

We held our first Schenectady County RSVP Volunteer Opportunity Fair last October at Mohawk Harbor, and our first Rensselaer County RSVP Volunteer Opportunity Fair is scheduled for Tuesday, March 10, from 11 a.m. to 2 p.m., at the Bush Memorial Hall at Russell Sage College. The event is free and open to the public and a great way to get first-hand information from organizations about volunteering opportunities. This year's fair in Albany County will be held on Wednesday, May 20, from 11 a.m. to 2 p.m., at the Shaker Heritage Society's Meeting House in Colonie.

In addition to our recruiting events, we recognize CSSC program volunteers at a dinner at The Beltrone Living Center every April as well as a luncheon each June for RSVP volunteers who serve in the wider community.

RSVP is a great way to strengthen the community, foster civic engagement, and give back while gaining a greater sense of purpose. If you are interested in volunteering, please contact Marisa Geraghty, RSVP Director, at 518-459-2857 ext. 308 or mgeraghty@colonieseniors.org.

Colonie Senior Service Centers has sponsored the Retired and Senior Volunteer Program (RSVP) in the Capital Region (Albany, Schenectady and Rensselaer Counties) for the past six years, and in our stewardship, the program continues to grow and serve those most in need across the Capital Region.

RSVP is a federally-funded grant program that is a part of Senior Corps and matches people in the community who are fifty-five and older and want to volunteer with local non-profit organizations, or "stations," that partner with us and need volunteers. Just over a year ago, we partnered with nearly sixty stations, and we are currently at eighty stations and over three hundred eighty active volunteers. The following information shows how much these volunteers are doing for the community:

- In 2019, RSVP volunteers served 25,778 hours of volunteering.
- Based on a 40-hour work week, that is the equivalent of 644 weeks of work, or just over 12 years of full-time work, all completed in one year.
- With 77 stations last year, that is an average of almost two months of one full-time volunteer for each of those organizations.



International Women's Day Celebration at CSSC

Join us on Sunday, March 8, from 12 noon to 3 p.m., at The Beltrone Living Center.
See page 3 for details about this exciting event.

Message from the Executive Director



Happy March – Happy St. Patrick's Day!

*"Count your joys instead of your woes.
Count your friends instead of your foes."
Irish Proverb*

Of all the joys that we can bring into our own lives, there is none as joyous as that which derives as the result of caring and improving others' lives. So much about living life is about gratitude and humility.

Here we are in 2020 and we are grateful for so much, such as . . .

- for having the resources and incredible staff to support our older adults in the community through an ever-expanding variety of programs and services;
- for having a dedicated Board of Directors that truly understands the mission of the organization;
- for having tremendous support from our Counsel Rick Rowlands, Rowlands, LeBrou & Griesmer, PLLC, and insurance broker George Mahoney, Haylor, Freyer & Coon, Inc.;
- for the New York State Office for the Aging, the Albany County Department for the Aging, and for the leadership at the Town of Colonie for all their assistance and support;
- for the world's best volunteers who are always so willing to help;

- and for the many, many incredible sponsors and community partners.

Please mark your calendar for International Women's Day on Sunday, March 8, from 12 noon to 3 p.m., at The Beltrone Living Center. This is going to be an event you will not want to miss. Tell your friends and neighbors. Please see page 3 for additional information on this community event.

Back by popular demand, on Friday, March 13, we have the one-and-only Chef Harold Qualters doing a cooking demonstration on baking Irish brown bread (yum!). He is an absolute gem and is so kind to continually share his wealth of culinary knowledge with us.

Finally, I am putting the finishing touches on a June 6 and 7 weekend outing to Seneca Falls, complete with New York State wineries, historic sites, and Saunders (Amish) Country Store. When I owned my own New York State wine shop, we did a similar trip and had a blast. Seneca Falls is very quaint and welcoming. This will be an opportunity to explore and learn.

We look forward to seeing you at one of our upcoming activities and programs.

Maidir le,
–Diane Conroy-LaCivita

Irish Brown Bread Anyone?

Is there a better bread in the world than a loaf of Irish brown bread or soda bread? Irish brown bread is as typical as a pint of Guinness or Smithwick's Ale. It is a close cousin or stepbrother to the Irish soda bread made with white flour. Although today both are equally popular, brown bread was initially more common because white flour was more expensive.

Join us on Friday, March 13, from 11 a.m. to 1 p.m., when well-known local Chef Harold Qualters will demonstrate the proper way of making delicious Irish brown bread; just in time for St. Patrick's Day.



Food Trends for



Food trends are widespread changes in food preferences. Regarding 2020 food trends, we gathered information from a variety of sources to arrive at a sampling of what will be hot for 2020. These include:

- Living the Snack Life – Millennials are definitely leading the way as this generation is the most likely of all to snack four or more times per day.
- Enlightened Eating – More than ever, people today are thinking about everything they put into their bodies to enhance their physical, mental and overall health.
- Everything Old Is New Again – Vintage recipes are among the most popular and will continue to be.
- CBD Invasion – You name it, CBD is or will be in it. From morning coffee to flavored drinks, CBD is everywhere. Susan Vellano-Catalano, "The Phit Girl," will discuss CBD.

On Monday, March 23, from 11 a.m. to 1 p.m., we will put these trends to the test. This class will be fun and interactive.

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.

Sacred Space: The Wilborne Temple First Church of God in Christ

The journey continues on Tuesday, March 31, as we visit another sacred space. Join Diane Conroy-LaCivita as she travels to the Wilborne Temple First Church of God in Christ located at 121 Jay Street in Albany.

Built in 1877, the Romanesque Revival Wilborn Temple is attributed to Albany architect Adolph Fleischmann. State architect Isaac Perry collaborated with congregant Fleischmann on a design that echoed Albany's city hall. Its tower and those of the other churches in the area are focal points of the Center Square/Hudson Park Historic District in Albany. In 1957, The First Church of God in Christ purchased the structure.

Currently, the Pentecostal church is under the pastoral leadership of Elder Solomon Dees. Wilborn Temple is known as a family-oriented teaching church as well as having one of the best choirs in the Capital District.

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. This outing will require a bit of walking with no elevators. 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 March as follows:

Tuesday, March 10, 2020
Saturday, March 21, 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.

International Women's Day Celebration at CSSC

Please join us for International Women's Day on Sunday, March 8, 2020, 12 noon to 3 p.m., at The Beltrone Living Center, 6 Winners Circle, Albany, NY. **Free and Open to All.**

Make Women's International Day **Your Day**. The wonderful thing about International Women's Day is that the day is not country, group or organization specific; it belongs to all groups collectively everywhere. On March 8, there will be informational sessions, panels' discussions, table exhibitors, music, and all sorts of refreshments.

Some of the individuals participating include: Congressman Paul Tonko (invited), Mayor Kathy Sheehan (invited), Rosemary Armao and Libby Post from WAMC's Roundtable, Lisa Robert Lewis (Times Union), local historian Kathy Sheehan, genealogist Lisa Dougherty, Jen Brown (Berkshire Eagle), Chef Joan Debinski, business owner Rose

Miller, film producer Liz Koenig, the Timeless Tappers, and Taylor Dorado (Siena College soccer player).



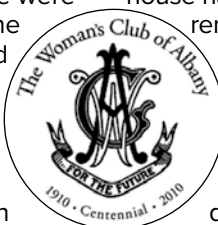
Groups/organizations who will be tabling include: the Loisada Conservation Council Foundation (from Kenya), Hudson-Chatham Winery, Hudson Valley Hand-Cut Scones, the Albany Women's Club, DiviniTea, the Food Pantries for the Capital District, the Electric City Barn, multi-media artists Marjorie Ward and Linda Guzzo, National Museum of Racing, the Irish-American Heritage Museum, Shaker Heritage Society, Fort Orange Garden Club, Friends of Pruyn House, the Meier Law Firm, Piece d'Occasion, The Phitgirl, the League of Women Voters, Girl Scout Troop 1350, Heritage Home for Women, and many, many more. Come learn, network and celebrate!

For additional information, please call Diane at 518-459-2857 ext. 305.

Visit the Women's Club of Albany

Founded in 1910 by Mrs. Elmer Blair, The Woman's Club of Albany (WCA) began as a civic organization to help women and children and to improve conditions in the City of Albany. There were twenty-two charter WCA members and after a year the group had more than three hundred members who rallied support for many civic programs still in place today.

The WCA pushed the city to initiate citywide garbage collection, fire protection programs, and mandatory meat and milk inspections. Although the WCA flourished for decades, only three elderly members remained in 2003 and the house had fallen into disrepair. In 2004, five energetic women became determined to revive the Club as a center of activity benefiting the community.



Today, the WCA has approximately one hundred fifty members of varied ages, interests, and professions. "Rescue" of the house has begun, with the first phase of building repairs and renovation completed.

On Thursday, March 26, join Diane as we visit the Women's Club of Albany located at 725 Madison Avenue. A bus will leave The Beltrone Living Center at 9:30 a.m. and return to The Beltrone at approximately 11:30 a.m. This event will require quite a bit of walking. Space is limited. This outing is free for members of THE CENTER and \$10 for not-yet members. To make a reservation, please call Sharon Herald at 518-459-2857 ext. 302.

A Proud Story of Military Service



David Placido has been a resident of King Thiel Senior Community since its doors opened in May 2017. Dave grew up in eastern Latham during the depression, a time when most of Colonie consisted of family farms and the Troy-Schenectady trolley

ran through town alongside Route 7, which is now Route 2.

In 1943, Dave was working on the Carvill Farm in Latham when he received greetings from the draft board inviting him to join

the Army. Two of Dave's brothers were already serving their country, John in the Army and Nicholas in the Coast Guard. Although many agricultural workers received draft deferments, Dave felt that it was his duty to serve and he was soon on his way to basic training at Fort Bragg in North Carolina. From there Dave was assigned to the 105th Artillery then preparing to ship out to Italy.

Dave and the 105th moved to Norfolk, Virginia, where they would set sail for Europe. It so happened that Dave's brother Nicholas was stationed at Norfolk and the brothers enjoyed a brief reunion. Dave was more than a little surprised to find Nicholas wearing a tall white chef's hat indicating that he was now a cook. According to Dave, his brother could not even boil water before the service.

March and April Artists: Linda Ackert Guzzo and Kathleen Nous



Linda Ackert Guzzo



Kathleen Nous

Linda, a native of Gunderland, is an accomplished artist who creates in oils her feelings of each character, personality, mood, expression, and likeness of the portraits she paints. She paints people, beloved pets, scenery, and still life. Linda especially enjoys painting her grandchildren. Linda's work has been displayed at the Town of Colonie Library and the Pruyn House.

Linda's daughter, Kathleen Nous, grew up in Niskayuna and is also a talented artist. Kathleen uses oils to paint boats and scenery. In addition, she also enjoys sketching.

On Thursday, March 5, from 4 p.m. to 5 p.m., an opening reception of Linda and Kathleen's exhibit will take place at The Beltrone Living Center. This event is free and open to the public. All are welcome to see the exhibit and meet the artists.

Join Us at . . .



Join CSSC as we travel to Rivers Casino in Schenectady for a Young at Heart 55+ Monday on Monday, March 16, 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.

RSVP Volunteer Opportunity Fair

CSSC will host a Winter RSVP (Retired and Senior Volunteer Program) Volunteer Opportunity fair at Bush Memorial Hall at Russell Sage College in Troy on Tuesday, March 10, from 11 a.m. to 2 p.m. Join us to learn about participating in RSVP and meet face-to-face with Capital Region non-profits to discuss volunteer opportunities and how you can use your time and talents to help the community. Admission is free and prize giveaways will be available. For more information, contact Marisa Geraghty at 518-459-2857 ext. 308 or mgeraghty@colonieseniors.org.

Fun and Educational Weekend Outing to Seneca Falls

Plans are under way to spend Saturday, June 6, and Sunday, June 7, discovering many of the sights and sounds of Seneca Falls, the municipality where the women's rights movement in America was triggered and solidified over one hundred seventy years ago and where the set of *It's a Wonderful Life* was supposedly modeled after.

The group will leave early on Saturday from The Beltrone Living Center heading west and stopping at several famous New York State wineries including Montezuma Winery and Hidden Marsh Distillery for tastings. Then on to the Women's Rights National Historical Park, which includes the Elizabeth Cady Stanton House, the Wesleyan Chapel, and the Women's Rights National Park Visitors Center. The group will be staying overnight at the Hampton Inn Seneca Falls. On Sunday, stops at the National Women's Hall of Fame and the Saunders (Amish) Country Store are scheduled. There will also be time to explore on your own.

The cost of the outing is \$200 for members of THE CENTER and \$220 for not-yet-members and includes transportation by Premiere Transportation, overnight accommodations (based on double occupancy), some meals, snacks on the bus, and fees for attractions. Space is limited. Please call Sharon Herald at 518-459-2857 ext. 302 to reserve your spot. Bus pick-up at King Thiel and The Beltrone.

(Left) Susan B. Anthony, Elizabeth Cady Stanton, and Amelia Bloomer statue in Seneca Falls, NY

Soon the 105th Artillery was on the move and Dave recalls that while boarding their troop ship, each soldier received a “very dry” donut. But nothing to wash it down with. While departing the ship in Italy many days later, the men finally received a cup of coffee to wash that donut down.

Dave and the 105th Artillery spent the remaining months of World War II in Italy, once described by Winston Churchill as the “soft underbelly of Europe” because of its strategic location as an alternating route for the allied invasion of Europe. In 1946, Dave and his brothers happily returned home to Latham.

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

In The News



Therese Roberts

Therese, who prefers to be called Terri, recently joined the Maintenance Department as a Porter. Terri spent over twenty years in the security field through federal agencies and the Town of Colonie. CSSC is familiar to Terri as she is also an Umbrella of Colonie handy person. Terri believes that “it’s not work if you love what you do.”

Welcome Terri!

CSSC Board News . . .

The CSSC Board of Directors recently welcomed two new Directors:

Dr. Kevin Costello

Dr. Kevin Costello is an internist and a geriatric medicine specialist at Albany Medical College. He maintains a homecare practice for Albany Medical College in the greater Capital Region that serves eleven counties. He is a lifelong Cohoes resident, except for the six years he spent in Montreal, Canada, doing his graduate work.

Dr. Costello is a veteran and is currently a reservist with the U.S. Army. He and his wife Ann Marie are the proud parents of six children.



Nancy O'Connor

Nancy O'Connor is currently serving her fourth term as a Trustee at the Pruyn House in Latham and has served as Secretary for the past several years. In the past, Nancy has been involved with Wildwood Programs and Community Hospice and is currently a member of the Fort Orange Garden Club.

As a very active person, Nancy taught pickleball and toddler tennis through the Town of Colonie’s recreation program.



Meet Kojak

Do you know that Kojak is a resident of The Beltrone Living Center? Well, not the famous bald-headed detective of the mid-1970s television series who always asked “Who loves ya baby?” but a beautiful fawn-colored Pug named Kojak. Pugs are a breed of dog with a wrinkly, short-muzzled

face, curled tail, and a compact square body with well-developed muscles, a perfect description of Kojak.

Kojak is the beloved pet of Jerry and Linda Thompson who have been residents of The Beltrone for more than six years. Kojak, who is thirteen years old, enjoys taking Jerry for walks three or four times a week. When Jerry and Linda leave their apartment, Kojak enjoys listening to country music on the radio and taking long naps.

Tribute Corner

(9/1/2019 – 1/31/2020)

Thank you for your gift to
Colonie Senior Service Centers, Inc.

In Memory of Dorothy Bullock

| | |
|----------------------------|------------------------|
| Michael Augustell | James and Sandra Hayes |
| Peter and Margaret Bradley | Evelyn Markowitz |
| Kathleen Sheehy-Bulriss | Debra Monte |
| Catherine Bungard | Jane Parisi |
| Janet Gallas | Beverly Walthers |
| | Chuck and Joy Walthers |

In Memory of Mary Clark

Earlene Bundley

In Memory of Mary Ditunno

| | |
|----------------------------|------------------------|
| Michael Augustell | James and Sandra Hayes |
| Peter and Margaret Bradley | Evelyn Markowitz |
| Kathleen Sheehy-Bulriss | Debra Monte |
| Catherine Bungard | Jane Parisi |
| Janet Gallas | Beverly Walthers |
| | Chuck and Joy Walthers |

In Memory of Margaret Ferguson

| | |
|----------------------------|-------------------|
| Harold and Jeanne Qualters | Judith Schweitzer |
| Barbara Rashbaum | Carol Sheffer |



THE CENTER at CSSC – March



March Offerings

View the full catalog at www.colonieseniors.org/thecenter/

CREATIVE PURSUITS

Member Cost/Not-Yet-Member

Embroidery Workshop, 3/10, 1 – 3 p.m.

Learn how to make a traditional embroidered Celtic design. Plus \$15 for embroidery kit. \$15/\$19

Rubber Stamping Art, 3/24, 4 – 5:30 p.m.

Create a sweet little bunny basket and a springtime card. Includes materials. \$10/\$12

Paint + Sip, 3/11, 6 – 8 p.m. Create "Blue Skies and Pink Blossoms". Includes materials. \$25/\$30

EDUCATION FOR LIFE

Genealogy, 3/10, 3:30 – 5:30 p.m.

Tips and ideas for discovering your Irish ancestors. \$8/\$10

FITNESS OPPORTUNITIES

QiGong, 3/11, 3/18, 3/25, 11 – 11:45 a.m. Powerful and effective self-care energy healing practice. \$19/\$24

Yoga for Delightful Aging, 3/9, 3/16, 3/23, 3/30, 11:45 – 12:45 p.m. Gentle yoga that targets healthful aging. \$25/\$34

Intro to Line Dancing, 3/4, 3/11, 3/18, 3/25, 1-2 p.m.

Music, fun and dancing for beginners and experienced alike \$40/\$56

TRAVEL EXPERIENCES

Music at Noon, Troy Music Hall (Free Time)

The beautiful Troy Music Hall is the setting for a series of free noontime concerts. Join us as we gather up 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.

March 11, Drink the Gold, Irish Folk Music

Leaves The Beltrone at 11:30 a.m., returns approximately 1:30 p.m. \$10 for members, \$12 for not-yet-members

Riverside Farms Maple House Tour (Group Tour)



Come on this fun and informative tour to see the maple syrup process, from tree to table. We'll tour Riverside Maple Farms in Glenville, New York, and see how it's done. This tour includes a trip through the production facility and commercial kitchen. Best of all, we'll taste all four grades of maple syrup. The tour concludes with maple cotton candy making – a sweet ending!

About Riverside Maple Farms: Located in Schenectady, this is a family-owned farm dedicated to producing the sweetest and best maple syrup around!

March 13, leaves The Beltrone at 9:30 a.m. and returns at approximately noon. \$15 for members/\$20 for not-yet-members.

HAPPY HOUR! (MEMBERS ONLY)

Community Service Day

Thursday, March 19, 1 p.m. — 3:30 p.m. Registration required.

The Red Book Shelf is a non-profit that cleans and repurposes books to be placed on bright red bookshelves throughout our region. Their mission is for all children to have access to the benefits of book ownership, regardless of income level. Join us as we welcome this very worthy organization in and help them in preparing books for children. We'll work for an hour on books, then have tea and cookies.



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



Wii Bowling

Come for a friendly game and a little competition! 1 – 2 p.m., Tuesdays



Become a member for \$20 in 2020.

For a detailed catalog, visit www.colonieseniors.org

or call Caroline at 518-459-2857 ext. 327

THANK YOU TO OUR SPONSORS FOR UNDERWRITING THE CATALOG FOR THE CENTER AT CSSC

BBL Construction Services



Become an Umbrella Member

Would you like to know what condition your house is in? Receive a free 17-point home safety inspection when you become an Umbrella of Colonie member.

Here are just a few areas that the home inspection covers: foundation, doors, windows, roof, plumbing, and electric. The home inspection is performed by a NYS and HUD

certified inspector. Our goal is to fix small problems before they become major repairs. And with spring cleanup around the corner, please call to have your home decluttered and organized and for spring yard cleanup.

For further information or to schedule work orders, please contact Nicole at 518-459-7152.



Senior Dining Program – March Menu

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

| | |
|--|--|
| March 2 Veggie Pizza | March 16 Macaroni & Cheese |
| March 3 Beef Stroganoff | March 17 Chicken Cacciatore |
| March 4 Chicken & Bacon Mac & Cheese | March 18 Sausage w/onions & Peppers |
| March 5 Stuffed Pepper | March 19 Beef Tips w/Gravy |
| March 6 Honey Mustard Chicken | March 20 Chicken Parmesan |
| March 9 Chicken Primavera | March 23 Chicken Caesar Wrap |
| March 10 Baked Ziti w/meatballs | March 24 Pulled pork Sandwich |
| March 11 Chicken Marsala | March 25 Meatloaf w/Gravy |
| March 12 Baked Cod | March 26 Cheese Stuffed Shells |
| March 13 Shephard's Pie | March 27 Baked Cod |
| Lunch Served at Noon. For reservations call 518-459-2857 ext. 303 | March 30 Meatball Sub |
| | March 31 Salmon Cakes |

ALL MENUS ARE SUBJECT TO CHANGE.
ALL LUNCHES INCLUDE SIDE DISHES AND DESSERT.
LUNCH & LEARN EVENTS, RESERVATIONS REQUIRED,
SUGGESTED CONTRIBUTION OF \$3.



March 12 at noon – Join the Rev. Fr. Jim Kane for an historical tour of the Saints of North America and the U.S.A. Rev. Fr. Kane was ordained a priest in 1971. Since 1982 he has been the Director for Ecumenical and Interreligious affairs for the Diocese of Albany. He is now retired. Lunch will be baked Cod,

sweet potato, roasted broccoli and a molasses cookie.

March 23 at noon – Come hear about the Battle of the Atlantic, the longest running battle of World War II. The history of this fascinating conflict will be explored in a presentation to be delivered by USS SLATER volunteer and British expatriate William Trevor. Lunch will be a chicken Caesar wrap, pasta faggioli and mandarin oranges.



Special Lunch March 6 at noon – Come hear Joe Gorman play your favorite tunes from across the decades. Lunch will be honey mustard chicken, green salad, roasted Brussels sprouts, lemon orzo and Key lime pie.

Extra Special Lunch! March 20 at noon.
Gone Grey Band. Chicken Parmesan.
Reservation needed.

Special Dinner March 16 at 5 p.m. It's all things Irish with Toss The Feathers! This trio performs a lively mix of traditional Irish music and songs with violin, banjo, flute and beautiful vocals. Dinner will be corned beef, potatoes, cabbage, parsley carrots, and ice 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 March Menu, and Special Events.



Town of Colonie Senior Resources Department

The Town of Colonie Senior Resources Department will be relocating, effective April 1, 2020, to new office space at 12 Metro Park Drive Suite 103. Our new office is a mere 400 steps from The Beltrone Living Center, located at the entrance to the Crossings Park at the corner of Metro Park Drive and Winners Circle. Ample, accessible parking will welcome visitors and the office space will provide our staff more suitable, private office space when meeting with seniors and caregivers. Our new location will offer community space, which will enable Senior Resources and The Six Clubs of Colonie the opportunity to provide special events and programs.

To the residents of The Beltrone, who have been our neighbors over the past twenty years, I want to thank you for your friendship over the years. Many of you have sought the assistance of our staff and I want assure you that we are still available to help you going forward. Our phone number remains the same (518-459-5051) and with our new home next door, we will continue to be available to assist you.

On another note, we wish Katie Connelly continued success as she leaves Senior Resources to pursue her social work career at CDPHP. Over the past four years, Katie has been an invaluable member of our social work team. Katie's knowledge, professionalism, social work skills, and most importantly, her kindness have certainly impacted her colleagues and the seniors she served. While we will all miss Katie very much, we wish her success and happiness as she embarks on this new career opportunity.

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

Colonie Senior Citizens Club

Hello All, Our next meeting is Wednesday, March 4. Our speaker will be from the Delmar Aikido School of Defense presenting on "Learn How To Be Safe," something for all of us over the age of 55.

Upcoming Trips are: March 26 to the New England Aquarium, IMAX, and Holocaust Museum, cost is \$40/\$50. On April 23, "Sherlock Holmes Returns" at Hunterdon Hills Playhouse, cost is \$68/\$78. Also, please consider our overnight trip on September 9 through September 11, for "Ohio Island Hopping" Kelly Island and Put-in-Bay with a stop at Niagara Falls on our way home. Cost \$45. pp/dbl. Call Helen at 518-785-4709.

Lastly, is our Golden Anniversary Party, April 22, from noon to 3 p.m., at the Century House, members \$25 with Theresa Flynn as Chair 518-225-3711. Thank you, see you Wednesday.

Contacts: Marjorie Raymond
Membership
518-435-0906

Carolyn Chabot
President
518-785-6315

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

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To Schedule a Ride: 518-459-6064

Umbrella of Colonie

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King Thiel Senior Community and Sheehy Manor

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Mark Your Calendar



Mother's Day Fashion Show and Luncheon

CSSC's Annual Mother's Day Fashion Show and Luncheon will be held on **Friday, May 8, 2020, from 11:30 a.m. until 2 p.m., at The Beltrone Living Center.** All funds raised at this event benefit CSSC's Transportation Services. Each year, Transportation Services provides more than 25,000 rides to medical appointments, social activities, shopping trips, and much more, to seniors in Colonie and the Capital District, affordably and safely.

Additional information will be available in the April issue of *Senior Connections*.

Coping with Grief and Loss

On Wednesday, May 13, CSSC will be presenting a collaborative program with Albany Guardian Society entitled "Coping with Grief and Loss," from 9:30 a.m. to 11:30 a.m., at The Beltrone Living Center, with presenter Carla Sofka.

This program will be open and free to all.

