Happy New Year! Our plans for New Year’s 2021 were much different than what we used to be, you probably traded in your New Year’s gathering for a more intimate couch at home without the fun and the memories. Your resolution may look different than what normal years were. Normal years are a testimony to an unrelenting desire to do better, to be happier, healthier, wiser, more efficient, and to solve the problems we face. Our organization was for positive change for ourselves and others. Diet and exercise programs are on the one list, but so is happiness and peace, understanding and love.

CSSC asked a variety of individuals involved with the organization what was their 2021 resolution. Many of us wish for improvements for positive change for ourselves and others. Diets and workouts are a way to help ourselves and the community as a whole.

Happy January – Y our path to healthy, active, independent, lifestyle. www.colonieseniors.org

Community Lunch at CSSC

Our dining room is open Monday through Friday for take-out lunch only at The Beltrone Living Center. Pickup is from 11:30 am to 1:30 pm. pre-order by 9:00 am Monday through Friday by calling 518-459-2857 ext. 310. To place your order please call 518-459-2857 ext. 327 for a full menu and information.

Save the Date

Warmth of Winter Helping Seniors Keep the Heat On!

Wolferts Roost Country Club Virtually

Thursday, February 25, 2021, at 5:30 pm

Please call 518-459-2857 ext. 304 or email dconroylacivita@colonieseniors.org for more information.

Happy New Year!

Happy January – Y our path to healthy, active, independent, lifestyle. www.colonieseniors.org

Message from the Executive Director

Happy January – Y our path to healthy, active, independent, lifestyle. www.colonieseniors.org

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

We stayed in locations with no electricity or indoor plumbing and had an absolute blast. Beyond the adventure, Jane knows good food. Her love of travel and science and chemistry where ingredients and flavors can often be experimented with and tweaked. Sometimes, in the kitchen, we work side-by-side with her in our Cohoes bakeshop for ten years, my appreciation of creating and the structure and stability of our service centers, Inc. (CSSC) is to provide comprehensive services to those in our community who are in or approaching their mature years, and we get out of the kitchen.

Happy New Year! Everyone at THE CENTER is feeling hopeful and ready about 2021. It is an exciting time of public safety, we are holding all of our in-person events socially distant. When possible, events will be held with capacities reduced to half. This is only a sample of what we are offering in our January, February and March catalog. For a full list please, view the catalog or call 518-459-2857 ext. 327

Happy New Year – A free, exclusive event member for everyone January 16, at 1 pm, transform ordinary, plain cakes, the internal process of radiant heat and evaporating liquid to tasty rewards. I consider baking a form of science, in essence chemistry, where ingredients and flavors can often be experimented with and tweaked. Sometimes, in the kitchen, we work side-by-side with her in our Cohoes bakeshop for ten years, my appreciation of creating and the structure and stability of our service centers, Inc. (CSSC) is to provide comprehensive services to those in our community who are in or approaching their mature years, and we get out of the kitchen.

Happy New Year! Everyone at THE CENTER is feeling hopeful and ready about 2021. It is an exciting time of public safety, we are holding all of our in-person events socially distant. When possible, events will be held with capacities reduced to half. This is only a sample of what we are offering in our January, February and March catalog. For a full list please, view the catalog or call 518-459-2857 ext. 327

Happy New Year – A free, exclusive event member for everyone January 16, at 1 pm, transform ordinary, plain cakes, the internal process of radiant heat and evaporating liquid to tasty rewards. I consider baking a form of science, in essence chemistry, where ingredients and flavors can often be experimented with and tweaked. Sometimes, in the kitchen, we work side-by-side with her in our Cohoes bakeshop for ten years, my appreciation of creating and the structure and stability of our service centers, Inc. (CSSC) is to provide comprehensive services to those in our community who are in or approaching their mature years, and we get out of the kitchen.

Happy New Year! Everyone at THE CENTER is feeling hopeful and ready about 2021. It is an exciting time of public safety, we are holding all of our in-person events socially distant. When possible, events will be held with capacities reduced to half. This is only a sample of what we are offering in our January, February and March catalog. For a full list please, view the catalog or call 518-459-2857 ext. 327

Happy New Year – A free, exclusive event member for everyone January 16, at 1 pm, transform ordinary, plain cakes, the internal process of radiant heat and evaporating liquid to tasty rewards. I consider baking a form of science, in essence chemistry, where ingredients and flavors can often be experimented with and tweaked. Sometimes, in the kitchen, we work side-by-side with her in our Cohoes bakeshop for ten years, my appreciation of creating and the structure and stability of our service centers, Inc. (CSSC) is to provide comprehensive services to those in our community who are in or approaching their mature years, and we get out of the kitchen.

Happy New Year! Everyone at THE CENTER is feeling hopeful and ready about 2021. It is an exciting time of public safety, we are holding all of our in-person events socially distant. When possible, events will be held with capacities reduced to half. This is only a sample of what we are offering in our January, February and March catalog. For a full list please, view the catalog or call 518-459-2857 ext. 327

Happy New Year – A free, exclusive event member for everyone January 16, at 1 pm, transform ordinary, plain cakes, the internal process of radiant heat and evaporating liquid to tasty rewards. I consider baking a form of science, in essence chemistry, where ingredients and flavors can often be experimented with and tweaked. Sometimes, in the kitchen, we work side-by-side with her in our Cohoes bakeshop for ten years, my appreciation of creating and the structure and stability of our service centers, Inc. (CSSC) is to provide comprehensive services to those in our community who are in or approaching their mature years, and we get out of the kitchen.

Happy New Year! Everyone at THE CENTER is feeling hopeful and ready about 2021. It is an exciting time of public safety, we are holding all of our in-person events socially distant. When possible, events will be held with capacities reduced to half. This is only a sample of what we are offering in our January, February and March catalog. For a full list please, view the catalog or call 518-459-2857 ext. 327

Happy New Year – A free, exclusive event member for everyone January 16, at 1 pm, transform ordinary, plain cakes, the internal process of radiant heat and evaporating liquid to tasty rewards. I consider baking a form of science, in essence chemistry, where ingredients and flavors can often be experimented with and tweaked. Sometimes, in the kitchen, we work side-by-side with her in our Cohoes bakeshop for ten years, my appreciation of creating and the structure and stability of our service centers, Inc. (CSSC) is to provide comprehensive services to those in our community who are in or approaching their mature years, and we get out of the kitchen.

Happy New Year! Everyone at THE CENTER is feeling hopeful and ready about 2021. It is an exciting time of public safety, we are holding all of our in-person events socially distant. When possible, events will be held with capacities reduced to half. This is only a sample of what we are offering in our January, February and March catalog. For a full list please, view the catalog or call 518-459-2857 ext. 327

Happy New Year – A free, exclusive event member for everyone January 16, at 1 pm, transform ordinary, plain cakes, the internal process of radiant heat and evaporating liquid to tasty rewards. I consider baking a form of science, in essence chemistry, where ingredients and flavors can often be experimented with and tweaked. Sometimes, in the kitchen, we work side-by-side with her in our Cohoes bakeshop for ten years, my appreciation of creating and the structure and stability of our service centers, Inc. (CSSC) is to provide comprehensive services to those in our community who are in or approaching their mature years, and we get out of the kitchen.
Let’s Have a Conversation

For all the talking generations, women have been told that once they retire, their opportunity for greatness has passed. The resilience and courage demonstrated by women, especially the ever-growing population of older women, is exciting to observe.

With generous support from Humanities New York, CSSC will be sponsoring a wonderful program throughout 2021 entitled “Lou’s Lets Have a Conversation.” We will be challenging notions of what is meant to be “over the hill.” We will introduce local women who are living purposeful, happy lives, and we hope that it will fill the waiting and fruitful time in their careers as older women.

This relative will be hosted virtually in the frame of the year, in February, and we hope to make it an interactive series with possible field trips as 2021 progresses. STAY TUNED.

 רחב תח Ducks have told us that since they retire, their opportunity for greatness has passed. The resilience and courage demonstrated by women, especially the ever-growing population of older women, is exciting to observe.

With generous support from Humanities New York, CSSC will be sponsoring a wonderful program throughout 2021 entitled “Lou’s Lets Have a Conversation.” We will be challenging notions of what is meant to be “over the hill.” We will introduce local women who are living purposeful, happy lives, and we hope that it will fill the waiting and fruitful time in their careers as older women.

This relative will be hosted virtually in the frame of the year, in February, and we hope to make it an interactive series with possible field trips as 2021 progresses. STAY TUNED.

Remember that Someone Special for Valentine’s Day

Bobby Emperor Church (1925-2021) had long breathed because he thought mothers were bad mothers. Valentine’s Day is not about the grieving, but about the celebration.

The Romans had a festival called Lupercalia in the middle of February. Boys drew names of girls from a box. They would be boyfriend and girlfriend during the festival and sometimes they would get married.

Celebrating Valentine’s Day is a very old tradition, thought to have originated from a Roman Festival. The Romans had a festival called Lupercalia in the middle of February. Boys drew names of girls from a box. They would be boyfriend and girlfriend during the festival and sometimes they would get married.

For countless generations, women have been told that once they retire, their opportunity for greatness has passed. The resilience and courage demonstrated by women, especially the ever-growing population of older women, is exciting to observe.

With generous support from Humanities New York, CSSC will be sponsoring a wonderful program throughout 2021 entitled “Lou’s Lets Have a Conversation.” We will be challenging notions of what is meant to be “over the hill.” We will introduce local women who are living purposeful, happy lives, and we hope that it will fill the waiting and fruitful time in their careers as older women.

This relative will be hosted virtually in the frame of the year, in February, and we hope to make it an interactive series with possible field trips as 2021 progresses. STAY TUNED.

Remembering Someone Special for Valentine’s Day

Bobby Emperor Church (1925-2021) had long breathed because he thought mothers were bad mothers. Valentine’s Day is not about the grieving, but about the celebration.

The Romans had a festival called Lupercalia in the middle of February. Boys drew names of girls from a box. They would be boyfriend and girlfriend during the festival and sometimes they would get married.

Celebrating Valentine’s Day is a very old tradition, thought to have originated from a Roman Festival. The Romans had a festival called Lupercalia in the middle of February. Boys drew names of girls from a box. They would be boyfriend and girlfriend during the festival and sometimes they would get married.

For countless generations, women have been told that once they retire, their opportunity for greatness has passed. The resilience and courage demonstrated by women, especially the ever-growing population of older women, is exciting to observe.

With generous support from Humanities New York, CSSC will be sponsoring a wonderful program throughout 2021 entitled “Lou’s Lets Have a Conversation.” We will be challenging notions of what is meant to be “over the hill.” We will introduce local women who are living purposeful, happy lives, and we hope that it will fill the waiting and fruitful time in their careers as older women.

This relative will be hosted virtually in the frame of the year, in February, and we hope to make it an interactive series with possible field trips as 2021 progresses. STAY TUNED.

Remembering Someone Special for Valentine’s Day

Bobby Emperor Church (1925-2021) had long breathed because he thought mothers were bad mothers. Valentine’s Day is not about the grieving, but about the celebration.

The Romans had a festival called Lupercalia in the middle of February. Boys drew names of girls from a box. They would be boyfriend and girlfriend during the festival and sometimes they would get married.

Celebrating Valentine’s Day is a very old tradition, thought to have originated from a Roman Festival. The Romans had a festival called Lupercalia in the middle of February. Boys drew names of girls from a box. They would be boyfriend and girlfriend during the festival and sometimes they would get married.

For countless generations, women have been told that once they retire, their opportunity for greatness has passed. The resilience and courage demonstrated by women, especially the ever-growing population of older women, is exciting to observe.

With generous support from Humanities New York, CSSC will be sponsoring a wonderful program throughout 2021 entitled “Lou’s Lets Have a Conversation.” We will be challenging notions of what is meant to be “over the hill.” We will introduce local women who are living purposeful, happy lives, and we hope that it will fill the waiting and fruitful time in their careers as older women.

This relative will be hosted virtually in the frame of the year, in February, and we hope to make it an interactive series with possible field trips as 2021 progresses. STAY TUNED.

Remembering Someone Special for Valentine’s Day

Bobby Emperor Church (1925-2021) had long breathed because he thought mothers were bad mothers. Valentine’s Day is not about the grieving, but about the celebration.

The Romans had a festival called Lupercalia in the middle of February. Boys drew names of girls from a box. They would be boyfriend and girlfriend during the festival and sometimes they would get married.

Celebrating Valentine’s Day is a very old tradition, thought to have originated from a Roman Festival. The Romans had a festival called Lupercalia in the middle of February. Boys drew names of girls from a box. They would be boyfriend and girlfriend during the festival and sometimes they would get married.

For countless generations, women have been told that once they retire, their opportunity for greatness has passed. The resilience and courage demonstrated by women, especially the ever-growing population of older women, is exciting to observe.

With generous support from Humanities New York, CSSC will be sponsoring a wonderful program throughout 2021 entitled “Lou’s Lets Have a Conversation.” We will be challenging notions of what is meant to be “over the hill.” We will introduce local women who are living purposeful, happy lives, and we hope that it will fill the waiting and fruitful time in their careers as older women.

This relative will be hosted virtually in the frame of the year, in February, and we hope to make it an interactive series with possible field trips as 2021 progresses. STAY TUNED.

Remembering Someone Special for Valentine’s Day

Bobby Emperor Church (1925-2021) had long breathed because he thought mothers were bad mothers. Valentine’s Day is not about the grieving, but about the celebration.

The Romans had a festival called Lupercalia in the middle of February. Boys drew names of girls from a box. They would be boyfriend and girlfriend during the festival and sometimes they would get married.

Celebrating Valentine’s Day is a very old tradition, thought to have originated from a Roman Festival. The Romans had a festival called Lupercalia in the middle of February. Boys drew names of girls from a box. They would be boyfriend and girlfriend during the festival and sometimes they would get married.

For countless generations, women have been told that once they retire, their opportunity for greatness has passed. The resilience and courage demonstrated by women, especially the ever-growing population of older women, is exciting to observe.

With generous support from Humanities New York, CSSC will be sponsoring a wonderful program throughout 2021 entitled “Lou’s Lets Have a Conversation.” We will be challenging notions of what is meant to be “over the hill.” We will introduce local women who are living purposeful, happy lives, and we hope that it will fill the waiting and fruitful time in their careers as older women.

This relative will be hosted virtually in the frame of the year, in February, and we hope to make it an interactive series with possible field trips as 2021 progresses. STAY TUNED.