



For the Love of Mother

A maternal bond is the relationship between a mother/grandmother/aunt/sister and a child. This bond can also develop between individuals who are not related. It is both physical and emotional. To accept and give love and show affection even when mistakes are made or shortfalls are exhibited; unconditional love with no strings attached. In essence, loving a child for who they are, no matter what.

This love does not have to be earned; it is freely given and comes naturally. The special bond a mother shares with her children is one of the most powerful forces of nature. The unconditional love from the ever-watchful eye of a mother is something always to be cherished.

How many of us look back on our relationship with our mother with a genuine smile on our face and happiness and love in our heart? She made sure we were happy, content, fed, groomed, educated and confident. A mom normally holds many titles including advisor, cook/chef, chauffeur, confidant, cheerleader, loan officer, employment counselor, coach, nursemaid, babysitter, mediator and therapist. What title does not a mother hold?

During the month of May, let us celebrate Mom for all she did, for what she represented and the impact she had on your life.

CSSC staff was asked to share voluntarily something about their mom and how they would describe her.

Diane: My mom, Bunny, was my hero. She was an incredible, talented human being that I had the pleasure of knowing.

Xia: My mom is an independent, hardworking and strong woman.

Andy: My mom did a lot for me including teaching me how to swim.

Sharon: My mom, Lois, is all about spending time with family, traditions and food. She also loves playing bocce.

“There’s not a friend like you dear Mother. And your love will ever be Just like a little bit of heaven lent to me.”

– Althea Hersey

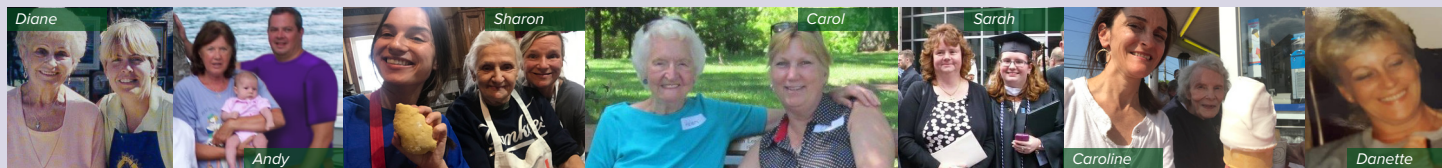
Carol: Lucky. That is how I feel when I think of my mom. If you were lucky enough to meet or know my mom, Helen Appel, you are lucky too. My mom was many things. She was a mother of six who was married to my dad for fifty-three years. She loved to laugh and had a special twinkle of mischief in her eyes. She was loving, adventurous, kind, creative, a great cook, and stubborn too. My mom could take the simplest things and make them seem elegant. My mom passed away two years ago and I miss her every day. I am so very lucky to have had her as my mom.

Sarah: Adjectives that describe Mom: beautiful, inspiring, thoughtful, hardworking and selfless.

Caroline: My mother lives in New York but is a native of South Dakota, which I believe makes her able to endure a lot. She is an artist, a writer and a lover of good food (including ice cream!).

Danette: My beautiful mom, inside and out.

HAPPY MOTHER’S DAY to all moms, grandmothers, great-grandmothers, aunts, sisters and friends!



Message from the Executive Director



Happy May!

National Herb Day – May 1

National Public Radio Day – May 3

Cinco de Mayo – May 5

Mother's Day – May 9

Memorial Day – May 31

Getting Past the Judgment

Recently, I participated in a truly hands-on volunteer activity on an early Saturday morning at the Watervliet Dome with an organization entitled Sleep in Heavenly Peace (SHP). They are a group of volunteers dedicated to building, assembling and delivering top-notch beds to children in need.

Believe it or not, there are children in our community who do not have a bed of their very own to sleep in. These children sleep on couches, blankets and even floors. The forty-four beds we were asked to make and assemble in Watervliet were going to every community in our area, urban, suburban and rural.

What impressed me the most about my time with this group was not just its purpose but also the many incredible people with whom I worked. There was Gus, the carpenter/woodworker extraordinaire, Bill from Niskayuna and C.Y. from Clifton Park. I also reconnected with Ms. Wing, my

children's former grammar school music teacher along with her granddaughter Bella. A motorcycle club showed up ready to help. It was quite an eclectic group of volunteers there for one purpose, to make children's beds.

During my time volunteering, I interacted with a young, very friendly woman and her daughter never knowing that they were going to be the recipients of one of the beds we were constructing. They pitched in along with everyone else. In fact, the little girl impressed me when she retrieved a shop-vac and began vacuuming up all the sawdust the activity had created, as well as participating in one of the final steps of burning the SHP logo on each headboard. This young family was receiving a homemade, single bed complete with new linens, pillow and comforter, and they were over the moon with excitement.

Sometimes life has a tendency of figuratively slapping you upside the head. As we wallow in our own universe, pitying ourselves for our faults and insecurities, there are others right around us who are in much greater need: those who feel blessed and rejoice over the gift of a homemade bed.

Thank you SHP for all you do and for the reality check.

Be well and get outside!

–Diane Conroy-LaCivita



Smell the Tulips – Outing to Albany to Appreciate Its Significance

On Wednesday, May 12, from 10 a.m. to 12 noon, join CSSC as we visit some of the City of Albany's famous and beautiful tulip beds. Leaving from The Beltrone Living Center, the group will embark on a self-guided, driving tour to admire tulips, spring flowers, gardens and other signs of spring.

The history of Albany honoring the tulip and its Dutch heritage started after D-Day in 1944 when the City of Albany under the leadership of Mayor Erastus Corning adopted the Dutch city of Nijmegen as a Sister City. In response to Albany's generosity and empathy to the Dutch during this difficult time, the Dutch sent twenty-one thousand tulip bulbs to Albany as a gesture of gratitude. The Dutch envoy stated, "Although you receive only a tulip bulb for your generous gifts, because my people have no more to give, this flower comes right out of their hearts and its beauty expresses their deep gratitude."

The City of Albany held its first Tulip Festival in 1949.

For this outing, there will be some walking, possibly on uneven ground. Please dress for the weather, wear comfortable shoes as well as a mask. To make a reservation, please call 518-459-2857, ext. 305.



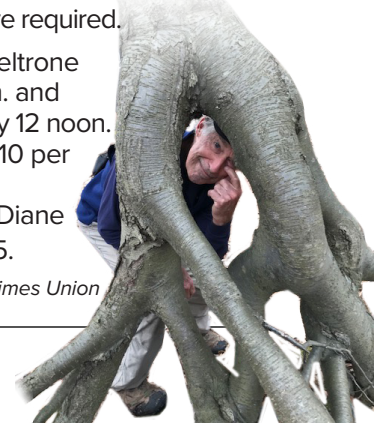
What Can We Learn From Trees?

Trees inspire us, comfort us, shelter us and remind us how life moves on. A human life is just a speck in the lifetime of a tree.

Join CSSC on Friday, May 7 (weather permitting), as we take a field trip to visit Dennis O'Leary, noted tree whisperer and creator of The Bioreserve, as he leads a mile-long walking tour of one of the last old-growth forests in the Capital Region. Participants will be walking over a variety of surfaces and will need to be sure-footed with proper footwear. Masks are required.

We will be leaving The Beltrone Living Center at 9:30 a.m. and returning at approximately 12 noon. Space is limited. Fee is \$10 per participant. To make a reservation, please call Diane at 518-459-2857, ext. 305.

Image source: Paul Grondahl/Times Union



Behind-the-Scenes Look at Crisafulli Bros. Plumbing & Heating Contractors, Inc.

Recently relocated to Industrial Park Road in Albany, Crisafulli Bros. is a family owned and operated local business with eighty years of experience. Their mission is simple: to provide unparalleled Red Carpet Service and Solutions. Join Diane and Michael DiGiuseppe as they take a virtual tour of Crisafulli Bros.' new facility with company President Andrea Crisafulli on Tuesday, May 25, at 10 a.m.. Learn how a plumbing and heating contractor truly works behind-the-scenes. To receive a Zoom link to participate, please call Sharon at 518-459-2857, ext. 302.



Celebrate Mom

On Friday, May 7, join Colonie Senior Service Centers in collaboration with Mazzone Hospitality for a Mother's Day Drive Through Community Dinner. The menu will include:

- Chilled Strawberry Soup
- Arugula Salad with Cucumbers and Dill
- Pan Seared Salmon Cakes and Limoncello chicken, Remoulade Sauce, Rice Pilaf with English Peas
- Chocolate Layer Cake

The cost is \$13 per meal. Reservations are required. Meals can be picked up between 4:00 and 5:00 p.m. at The Beltrone Living Center, 6 Winners Circle, Albany. To make a reservation, please call 518-459-2857, ext. 303.

Multimedia Artist Ann Gardner Exhibit at The Beltrone

Ann Gardner is an area multimedia artist whose approach is taking the ordinary and making it extraordinary. Using common items found around the home and yard, she creates pieces that are both identifiable as well as ones that can be interpreted. A former St. Peter's Hospital nurse, now retired, Ann began dabbling in art in 1995. Her whimsical exhibit is currently on display in The Beltrone Gallery Hallway where it will remain until the end of June. Some pieces are available for sale.



Defensive Driving Classes at The Beltrone Living Center

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

Saturday, May 1, 2021,
from 9 a.m. to 3:30 p.m.

Wednesday, May 12, 2021,
from 9 a.m. to 3:30 p.m.

Wednesday, June 9, 2021,
from 9 a.m. to 3:30 p.m.

**Wednesday, June 23 and
Thursday June 24, 2021,**
from 5:30 p.m. to 8:30 p.m.

NOTE: This is a two-part class;
must attend both nights.



Classes will be held 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.

Let's Have a Conversation – Older Women Leading Extraordinary Lives

With tremendous support from Humanities New York, CSSC will tape a thirty-minute personal interview twice a month with area women representing all walks of life. Their perspectives are real. We will delve into their life story. Some may talk about a long successful career while others may speak on a new exciting hobby or interest. Our aim is to provide hope to women who are aging to show side effects for growth for such things as love, compassion, bravery, humility and creativity.

May's Conversations are as follows:

Thursday, May 6 – Marjorie Ward, Multimedia Artist

Thursday, May 20 – Deb Riitano, Commissioner, Albany County Department for Aging; Inter-faith Leader

These conversations may be viewed on CSSC's YouTube channel any time after 2 p.m. on the day of the event.

There is no fee to view. CSSC has laptops that are available to be loaned out if you are in need of a computer to view. Please call Sharon at 518-459-2857, ext. 302, to sign up for the series.

Thank You

Thank you to the American Red Cross for your generous collaborative gesture of providing smoke detectors to CSSC, which we then install in the homes of Umbrella of Colonie members free of charge.

It is wonderful to have such a caring partner!



A Woman of Distinction – Judi Baum

Judi Baum has lived at The Beltrone Living Center since May 2017. Born February 18, 1940, in Manhattan, New York, to Joseph and Katherine Harris, Judy was the oldest of four children, two girls and two boys.

While reminiscing about growing up in Brooklyn, New York, Judi chuckled that when all four children visited their grandmother, who owned a brownstone, “We would run up and down the stairs. We were bad, making all that noise disturbing my grandmother’s tenants. My grandmother would say, ‘Katherine, don’t bring all these children with you when you visit.’ We were bad.”

Judi suffers from asthma saying she was a “sickly kid” and took full advantage of her affliction when asked to do chores growing up, stating, “My father pampered me. I was raised like a princess. My mother was well aware of what I was doing. I never learned to cook.”

While in high school, Judi aspired to be a secretary and took every secretarial and business class that she could. Judi fondly remembers that her school, Prospect Heights High School, was directly across the street from the beautiful Brooklyn Botanic Garden. She was a member of her high school glee club and “always wanted to be a singer.” Over time though and upon graduation in 1957, Judi realized she wanted to teach.

Judi continued her education to earn an Associate of Arts in Education from

Queensborough Community College and then completed both a Bachelor of Arts in Education and a Master of Arts in Special Education from Queens College. She went on to teach elementary and high school in Brooklyn and Queens.

In 1988, Judi relocated to Guilderland. She substitute taught for the Troy School District for one year where school administrators told her, “We are giving you the worst classes since you are from New York City. I did not care. Children are children. My whole life is children.” From the Troy School District, she went on to teach at O.D. Heck for one year and then became a Youth Program Supervisor for the New York State Office of Mental Retardation and Developmental Disabilities (OMRDD) where she taught borderline developmentally disabled young adults life skills to help them find jobs. She spoke very proudly of how she was able to have many of her students secure employment with New York State. She retired from her position in 2002.

An avid traveler, Judi’s adventures took her to many destinations including England, Spain, France, Puerto Rico, many Eastern and Western Caribbean Islands, Central and South America, cross-country across the United States twice as well as visiting Hawaii and Alaska. She has visited all fifty states. She credits her mother with giving her the travel bug and always getting Judi and her three siblings out of the house even if it was only for a picnic in a park. Teaching one hundred eighty days a year, Judi would travel with her two daughters, Charisse and Charin, up until the two teenagers wanted to spend time with their friends on school



1981 – 2021

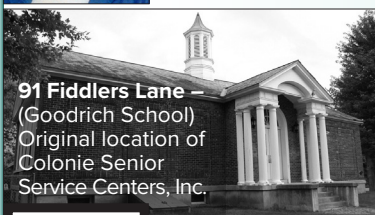
4th
COLONIE SENIOR
Service
Centers, Inc.

ANNIVERSARY

Colonie Senior Service Centers, Inc. celebrates forty years of providing programs and services to seniors in our community.

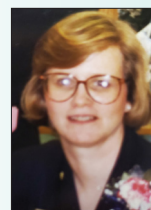


January 1981 – the first Board of Directors meeting was held. Ann Marie Sheehy was selected as the first CSSC Board President. Ms. Sheehy served from 1981 to 1994.



91 Fiddlers Lane – (Goodrich School) Original location of Colonie Senior Service Centers, Inc.

1981



1981 – 2000
Kathleen Ann Caulfield, CSSC Executive Director

March 18, 1982 – First Senior Meal

September 1, 1983 – First Health and Recreation Program

January 15, 1984 – First ride Transportation Services

February 25, 1985 – Bright Horizons at Goodrich School Latham opens

November 1, 1986 – Bright Horizons at Carondelet Latham opens



May 17, 1994 – First Volunteer Dinner

September 26, 1994 – First Golf Classic

March 1, 1998 – Sheehy Manor Senior Housing opens

1991



Virtual Program on Suicide Prevention

Join CSSC in collaboration with Sandra Goldmeer from the American Foundation for Suicide Prevention on Monday, May 24, at 2 p.m. for a Zoom program entitled "Talk Saves Lives."

Talk Saves Lives is AFSP's education program that provides participants with a clear understanding of this leading cause of death, including the most up-to-date research on suicide prevention, and what they can do in their communities to save lives.

Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe. This senior specific presentation will also provide information on risk factors and warning signs in elderly populations, how we can support mental health self-care in times of concern, and how loved ones can best connect those who are struggling with help.

Topics covered include:

- **Scope of the Problem:** The latest data on suicide in the U.S. and worldwide
- **Research:** Information from research on what causes people to consider suicide, as well as health, historical, and environmental factors that put individuals at risk
- **Prevention:** An understanding of the protective factors that lower suicide risk, and strategies for managing mental health and being proactive about self-care
- **What You Can Do:** Guidance on warning signs and behaviors to look for, and how to get help for someone in a suicidal crisis

To make a reservation to participate and receive a Zoom link, please call 518-459-2857, ext. 302.



COMMUNITIES OF STRENGTH: MAY 2021

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2021 is "Communities of Strength."

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This Older Americans Month we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.



breaks instead of traveling with Mom. For over twenty years, Judi then traveled as a foursome with three fellow educators from downstate. She explained, "They called us the Golden Girls. After we retired, we were going somewhere every two to three months."

Judi shared, "I have done so much. I literally can't remember everything." Judi is a member of The Versatile Club and The Red Hat Society. Volunteering and community involvement are extremely important, from the beginning she was a Girl Scout Leader, volunteered for the City of Albany Office of Special Events, Community Caregivers, Capital Repertory Theater (for twenty-five years), as well as for many political campaigns including David Soares, Hillary Clinton and H. Carl McCall. Additionally, she served on the Board of Friends of the Albany Public Library as a Corresponding Secretary.

In addition to her two daughters, Judi has three granddaughters, Danielle, Dominique and Tyler, whom she affectionately refers to as "Thing 1, 2 and 3" (after Dr. Seuss), as well as one grandson, Aalim, who has twin six-year-olds, Neiva and Idris, making Judi a great-grandmother.

We are thrilled to have Judi as part of our CSSC community.



May 7, 1999 – First Fashion Show Luncheon

October 1, 1999 – The Beltrone Living Center opens

October 25, 1999 – Bright Horizons Colonie opens



2001 – 2017
Edward Neary,
CSSC Executive
Director

June 21, 2001 – First Path Paver Dedication

July 23, 2001 - First Summerfest

October 15, 2002 – First Founders' Awards Dinner

November 15, 2004 – Bright Horizons at Pine Grove opens

June 18, 2008 – Umbrella of Colonie opens

April 15, 2010 – First Home Maintenance Fair

2001



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Share the Love

On Monday, April 19, at Goldstein Subaru, General Sales Manager Aaron Butler and Stefanie Goldstein, General Manager, Goldstein Subaru, Director of Marketing and Advertising, Goldstein Auto Group, presented a check for \$11,825 from Subaru of America to Colonie Senior Service Centers, Inc.

The check reflects the results of Subaru's 2020 Share the Love campaign. Goldstein Subaru nominated CSSC to participate in the campaign. We were honored to be nominated by Stefanie Goldstein and accepted by Subaru.

For every new Subaru purchased or leased from Goldstein Subaru from November 19, 2020, through January 4, 2021, Subaru of America donated \$250 to the car owner's choice of participating non-profit charities.



(Left to Right) Aaron Butler, Diane Conroy-Lacivita and Stefanie Goldstein.

Support Local History – Join the Pruyn House

The Pruyn House complex, located on Old Niskayuna Road in Latham, is a beautiful five and a half acre site complete with the restored historic Pruyn House, the Verdooy Schoolhouse, the Buhrmaster Barn, carriage house, tool museum, manicured gardens and a new nature trail. The property is owned by the Town of Colonie and managed in partnership with The Friends of the Pruyn House, a nonprofit corporation, chartered by the New York State Board of Regents.

The Friends of Pruyn House (FOPH) offers a wide variety of wonderful events and programming as well as providing a quarterly newsletter for members.

Join FOPH and receive \$5 off your initial senior membership. (Call the Pruyn House at 518-783-1435 and mention this ad to receive the discount.)



Virtual Book Presentation with Local Author Michael DeMasi



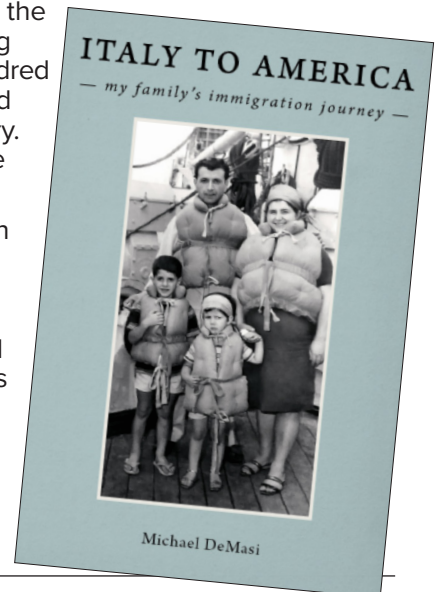
Please join CSSC via Zoom on Thursday, May 27, at 1:30 p.m. as local journalist and author Michael DeMasi discusses and reads from his most recent publication, *Italy to America: My Family's Immigration Journey*.

A twenty percent discount will be given on the book to participants who purchase it from CSSC prior to the day of the program. To make a reservation to receive the program Zoom link and/or purchase the book, please call 518-459-2857, ext. 302.

Italy to America: My Family's Immigration Journey tells the story of Giovanni and Maria DeMasi and their two oldest children, who moved from a small town in southern Italy in 1963 and settled in Troy, New York. They are among the tens of millions of people who left behind everyone and everything they knew for the promise of a better life in the United States, contending with laws that for one hundred forty years have restricted who can enter the country. Their story is both unique and universal.

Michael DeMasi has been a newspaper reporter in upstate New York since graduating from Ithaca College in 1991. Born and raised in Troy, he now lives in Clifton Park with his wife and twin daughters.

Advance purchase price: \$16 includes sales tax.



Senior Dining Program

May meals and events at Colonie Seniors

Join us for a hot Grab 'n Go meal, available for pick up at The Beltrone Living Center Monday – Friday from 11:30 – noon. This 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. **Suggested donation of \$3**, and registration and reservations are required. Call 518-459-2857, ext 327.

Meals include Cheeseburgers, stuffed pepper and macaroni and cheese. Mexican Pozole will be served on International Day (5/12).

One dinner is available, on May 17 from 4:30 – 5 p.m.. The menu includes chicken Parmesan with pasta, green beans and strawberry shortcake.

May 2021 Menu All lunches come with side dishes, dessert and milk.

May 3	Swedish Meatballs	May 17	1/2 Sub Sandwich & Minestrone
May 4	Cheese Ravioli	May 18	Chicken Francaise
May 5	Pozole (International Day)	May 19	Baked Cod
May 6	Philly Cheesesteak	May 20	Quiche Lorraine
May 7	Greek Salad w/Chicken	May 21	Stuffed Shells w/ Pesto
May 10	Shrimp Jambalaya	May 24	Parmesan Crusted Chicken
May 11	Lasagna Roll Ups	May 25	Stuffed Pepper
May 12	Chicken BBQ Pizza	May 26	Seafood Mac & Cheese
May 13	Meatloaf	May 27	BLT Bow Tie Pasta Salad
May 14	Chicken Fricasse	May 28	Cheeseburger

Join us for free Zoom concerts! Log on for live Zoom events, including fun rock n' roll, local musicians and a great way to connect and hear music – from your home.

Call 518-459-2857, ext. 327 to be included in the Zoom events. Concerts are free for all.

THE CENTER **May 2021 events**

Welcome to **THE CENTER**. **THE CENTER** at CSSC offers classes and experiences for Lifelong Wellness, for anyone aged 55 or older.

We are slowly and carefully reopening. Most events are being held virtually, with a small number of programs being held out-of-doors, in person. Please reach out for membership and registration information. Call 518-459-2857, ext. 327 or email cbarrett@colonieseniors.org. Membership is \$20 per year.

THE CENTER is also planning a few, small, socially-distanced outings. Please call for schedules and information. Members only.

May events include:

Walking Club – Join us for fresh air, friendship and great exercise. Meet on Tuesday morning at 10 a.m. for a brisk walk in The Crossings. Regular walking helps maintain healthy weight, strengthens bones and muscles and best of all – improves your mood! Tuesdays at 10 a.m., Free for members.

Cornhole – Come for socially distant Cornhole. Don't know how to play? It's okay, we'll teach you. Cornhole is all the rage, because it's easy and fun to play. We'll pair you with a partner (6 feet apart, of course), and you'll toss the bean bags to score points. Games take place outside on our patio. Registration is required. Weather permitting, Fridays at 10:30 a.m. Free for members only, registration required.

David Louis – Animal Communicator via Zoom David will explain the process of communicating with animals and tell amazing stories of his experiences of almost twenty years as an animal communicator. David has worked throughout the U.S. and other countries to facilitate harmony and increased understanding and healing between animals and their people. Thursday, June 10 at 1 p.m. Free for members.

Book Club In person (outside) or Zoom in Whether you are an avid reader or need a little nudge to pick one up, this book club is welcoming to all. We'll meet the first and third Tuesday of each month to discuss the chosen book in a laid-back environment. Subsequent books will be chosen by the group. Tuesdays, May 4 and 18 at 12:30. Free for members.

Father Kane – Muslim 101 (outside) or Zoom in Fr. Jim Kane, Interfaith Affairs Director of the Catholic Diocese since 1982, will offer an overview of Islam, the religion of the Muslims. The Five Pillars of Islam will be reviewed, along with excerpts from the Qur'an, Muslim prayers and quotes. Come to increase your knowledge about a faith understood by few yet prominently featured in the media. In the words of Pope St. John Paul during a visit to Syria, "Together we must proclaim to the world that the name of the one God is a name of peace and a summons to peace." Thursday, June 17 at noon. Free for members.

Cooking Demonstration - Via Zoom Join Diane Conroy-LaCivita while she creates delicious and exciting foods. She will share her kitchen knowledge, and a few great cooking tips. In these Zoom classes, you'll be guided through a variety of creative dishes, both savory and sweet. Choose to have ingredients delivered and cook along with Diane, or just watch. You'll learn something new either way! Tuesday, May 11 at 11 a.m. Free for members.

Politics and Prohibition - Via Zoom Maeve McEneny of Discover Albany will join us via Zoom for another talk about the history of Albany and all of its steamy secrets. This interactive lecture will dish out the juicy local gossip behind the secret speakeasies, the bootleggers who supplied them and the suspect politicians who perhaps had ulterior motives in keeping Albany a dry town. There may even be a dash of murder thrown into the mix. Tuesday, May 18 at 1:30 p.m. Free for members.

Meditation 101 – Via Zoom

Learn how to meditate. Mindfulness meditation brings simple awareness to the present moment so we can meet it with freshness, openness, and care. Through gentle and steady attention, we get to know the mind, as well as its inherent stability and strength. Sound easy? It is, with a little guidance and practice. Jeff Wigman of the Shambhala Meditation Group of Troy will lead this event. Jeff is an artist and designer and has been actively instructing people in the practice of meditation since 2003. Thursday, May 13 at 10 a.m. Free for members.

Secrets of a Good Night's Sleep – Via Zoom Sleep is a basic necessity of life. So why do so many of us have trouble sleeping? Approximately 60 million Americans experience insomnia, the inability to sleep, each year. Join us as we discuss the basics of sleep and learn to identify "sleep stealers." Presented by Jennifer Johnson. Wednesday, May 5 at 12:30 p.m. Free for members.

Organize Your Vital Records – Via Zoom

This seminar is not just about doing your survivors a favor. It's about being prepared for unexpected health related emergencies or nature's fury impacting your ability to retrieve or communicate the whereabouts of those records. Join us for an interactive program that discusses various ways to identify and quickly access your vital written and electronic information and records. Presented by Jim Rulison, who spent over 30 years in human resources at New York State Parks. Friday, May 14 at 1:30 p.m. Free for members.

Financial Planning: Managing Your Required Minimum Distribution – Via Zoom

It's common knowledge that retirees at a certain age are required to begin making annual withdrawals from their retirement accounts. During this workshop, we'll tackle the latest legislation regarding Required

"THE CENTER May 2021 events" continued on back page

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.

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Colonie Senior Service Centers, Inc.

6 Winners Circle

Albany, NY 12205

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"THE CENTER May 2021 events" continued from page 7

Minimum Distributions, and help seniors navigate the new rules. We'll also talk about strategies for making the most of your withdrawals. Presented by Darren Leader and the Community Loan Fund of the Capital District. Thursday, May 20 at 1 p.m. Free for members.

Rubber Stamping Art – Outside or Zoom In

In these classes, we'll make beautifully crafted paper pieces, led by Stampin' Up instructor and demonstrator Ann Burns. She's been making and teaching paper craft for many years. In this class, Ann will introduce the art of 3-D cards. Create three beautiful pop-up, artful cards. You'll learn how to make a triple-point, a tent and a waterfall card. Thursday, May 6, 3 – 4:30 p.m., \$10 and \$10 fee, payable to the instructor.

Historic Photographs of the Adirondacks

The Osmond D. Putnam photographs are a one-of-a-kind collection of historic images taken in the Adirondacks between 1885 and 1887. They are not the images of great camps and high peaks but of the everyday people struggling to survive in an isolated corner of the state. The archivist responsible for the collection at the Adirondack Research Library of Union College will present on each step of the journey it took to make these images available and why they are so unique. May 26 at 12:30 p.m. Free for members.

HANDY PEOPLE NEEDED!

REWARDING AND GET PAID!

Umbrella of Colonie, a program of Colonie Senior Service Centers, connects senior homeowners to a wide variety of home maintenance services, allowing them to continue to live safely and independently in their own homes.

CSSC connects senior homeowners with retired handy men and women who help perform simple home repairs at a reasonable cost.

Become a Handy Person today.

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