

Opening Up and New Discoveries

Do you remember as a kid spotting a landmark alongside of the road, as you sat in the backseat of the car, letting you know you were almost to your destination? The beautiful sense of anticipation knowing you were almost there; the excitement of what would be.

Maybe because this past sixteen (16) months has affected so many hopes and dreams, we are optimistically anxious to enter the pinnacle month of summer, August 2021, as well as begin to enthusiastically look forward to the fall so, we can plan; events, outings, projects, get-togethers . . . absolutely everything and anything. Possibly, we will look upon this time knowing that out of the darkness of the pandemic comes the light of optimism.

CSSC staff has been very busy creatively planning and preparing. They are excited and looking forward to implementing so much.

Mark Your Calendar



Chef Yono Purnomo



Chef Harold Qualters



Chef Joan Dembinski

Chefs in Motion

The 3rd Annual Chefs in Motion will take place Monday, September 20, 2021 from 5:30 to 8:00 PM at The Beltrone Living Center. Chefs in Motion is a collaboration among CSSC, the New York State Department of Agriculture and Markets, Cornell Cooperative Extension and the Times Union. This year's event will be hybrid so attendees can attend both virtually or in person. Participating Chefs/restaurants are provided a "shopping cart" of locally-sourced seasonal produce and products from which they create a signature dish. These creations are judged by both a panel of distinguished area culinary judges who present the Judges' Choice Award, as well as event attendees who vote for their favorite (People's Choice). This year's culinary judges are Chef Yono Purnomo, Chef Harold Qualters and Chef Joan Dembinski.

As of this printing, the following chefs/restaurants will be participating: Chef Joan Porambo & Chef Kyle MacPhersen, Mazzone Hospitality, Honest Weight Food Coop., Allie B's Cozy Kitchen (Chef Kizzy Johnson), Navona, Patrick's Pub, and Loudonville Adult Home.

Additionally, the Saratoga County Dairy Princess and her Court will be scooping NYS ice cream, Nothing Bundt Cakes will be providing samples of their wonderful confections and Rare Form Brewery out of Troy will be on hand with their beers.

The evening is fun, fun, fun... and allows us to appreciate local farmers, producers, chefs, cooks and restaurants. Proceeds from the event go towards CSSC's Transportation Department, which allows seniors to stay active and independent.

Tickets:

\$65 General Admission	\$30 Seniors
\$75 VIP	\$30 Professionals under 35

To make a reservation, call 518-459-2857 ext. 302



Schuyler Meadows Club

The Beltrone Golf Classic

You are invited to join CSSC for the 28th Annual Salvatore R. and Anna E. Beltrone Golf Classic on Monday, September 27th, at Schuyler Meadows Club in Loudonville, New York. Since last year's tournament was so popular when we moved it to September with our golfers that we are doing it again.

This year's tournament will again have staggered tee times in the morning, but with a full flight of golfers. A continental breakfast will be available prior to your tee off, lunch will be on the course and BBL Hospitality is providing two on-course hospitality stations for golfers to enjoy. When you finish your round enjoy the 19th Hole Reception at the Club House where you will have an opportunity to bid on several raffle and auction items.

A big thank you goes out to the Beltrone Family for once again supporting CSSC by having the Salvatore R. and Anna E. Family Foundation be the Presenting Sponsor of the Beltrone Golf Classic. This year we truly appreciate our sponsors: BBL Construction, Citizens Bank, Herzog Law Firm, Janitronics, CAPCOM FCU, Haylor Freyer & Coon, Bouchey & Clarke Benefits, Inc., Brizzell Flowers, BST & Co. CPAs, LLP, CDPHP, Peregrine Senior Living, and Rivers Casino. Your support of CSSC after these challenging times is truly appreciated as it allows us to provide the programs and services so many seniors in our community vitally need.

If you would like to join us for the Beltrone Golf Classic or would like more information, please contact Laurie Miedema, CSSC's Development Director at 518-459-2857 ext. 304 or at Lmiedema@colonieseniors.org. You may also visit our website at www.colonieseniors.org/event.

We look forward to seeing you on September 27th as we are teeing off for a fabulous round of golf and fun at Schuyler Meadows Club!

Message from the Executive Director



Happy August!

August 1 – Friendship Day

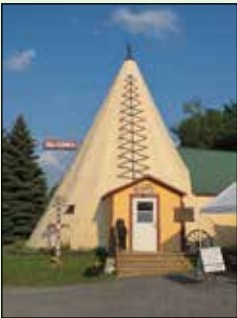
August 7 – Grandma Carm's 93rd Birthday

August 15 – Catherine's 29th Birthday

August 26 – Louis' 23rd Birthday

Every summer my mom would pack all five of us kids in the family station wagon and we would travel west on Route 20 to get to Tully, our summer home away from home. I always knew we were almost there when I spied the shimmering 50 foot tall metal Teepee in Cherry Valley. It symbolized to me "We're on vacation."

Tully was respite for my mom and us kids. The little family camp allowed us endless hours of swimming, fishing, boating and discovery in the lake. Before returning home, our summer season always ended



with a day at the New York State Fair in Syracuse. How we loved that Fair with its butter sculpture, horticulture and animal barns, and Dairy Queen Court. We would watch the 4-H kids compete against one another as well as stroll through the huge poultry barn to see the many unusual varieties of poultry.

On our return trip home to Latham, I would once again see the Teepee but on the return trip it symbolized getting back home to get organized for the start of a new school year which would usually begin the following week.

The pandemic has served as a renewed perspective for greater appreciation of what is directly in front of you that might have been overlooked. This August, we have made the decision to travel to the New York State Fair to check out the butter sculpture. I will let you know what the artists create this year.

Happy Birthday to my many family members turning a year wiser.

Be well and hope to see you at Chefs in Motion in September!
–Diane Conroy-LaCivita



Sacred Space – St. Anthony of Padua

After a long pause, the journey continues on Friday, September 17, as we visit another sacred space. Join Diane as she travels to St. Anthony of Padua located on State Street in Troy.

In 1892, Rev. John Santoro was given permission to organize the twenty-three Italian families living in Troy into a National Parish of St. Anthony of Padua. This small Italian community was permitted to celebrate Mass in the basement of St. Mary's Church on Third Street. Since this arrangement did not facilitate the need for other sacraments, such as baptism and reconciliation, a small structure was obtained on Ferry Street, southwest of Fifth Avenue, and converted into the first St. Anthony of Padua Church. Many of the names of these first parishioners are still represented in the parish today.

Due to large emigration and rapid growth at the turn of the century, the parish was in need of a larger worship space. Luckily, a structure was available at the corner of Fourth and State Street; a church built by the Unitarian Society in 1876. The structure was purchased by the parish in 1905, renovated and dedicated on May 26, 1907 by Rt. Rev. T.M.A. Burke, Bishop of Albany.

Between 1957-65, continued growth of the parish led to the acquisition of land on Fourth Street for a new school and rectory, the first new buildings to be constructed in the parish's sixty-year history. Soon a parish hall and gymnasium would follow. The parish hall would soon be used for a temporary church until a new worship site could be built.

The old church was demolished as plans developed for the current church to be built. On July 25, 1963, a plot of land was purchased from the City of Troy adjacent to Barker Park on State Street. A ground breaking ceremony for the new structure took place on May 27, 1964, joined by many city and county officials, parishioners and friends. The current church, with seating for four hundred, was formally blessed on May 15, 1965.

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.





Chef Aneesa Waheed

CSSC's International Diners Club: For the Love of Food

A veteran guest of Food Network TV's "Beat Bobby Flay," "Kitchen Crash" and "Guy Fieri's Grocery Games," Chef Aneesa Waheed first tested her culinary chops at the tender age of 6, selling jars of pickles on the streets in Bombay. Emigrating to the US with her family at 16, Aneesa ultimately settled in Schenectady with her husband Muntasim Shoaib (originally from Pakistan) following a fateful trip to Morocco during which she fell in love with the country and all of its culinary delights.

For nearly a decade, Tara Kitchen has served Moroccan food that's for everyone. It's worldly but accessible comfort food packed with flavor. Vibrant, not fiery, it's seasoned with spices that reflect Morocco's history as a cultural crossroad and celebrated Chef Aneesa Waheed's talent for building beautifully balanced flavors out of unexpected combinations. Signature tagines—stews featuring chicken, lamb, or seafood, and a variety of veggies—are fragrant with earthy cumin, coriander, turmeric, and paprika. Fruits like dried figs and apricots, as well as prunes and local blueberries add subtle sweetness, and olives, a salty pop. Herbs like mint, fenugreek, and parsley add finishing touches. It all comes together in a magical way that's outright addictive, like a culinary hug.

We invite you to discover Chef Aneesa's world and learn more about her mastery of sweet and savory flavors and her inventive interpretations on Moroccan cuisine, all of which have brought her considerable acclaim in the greater Albany/Capital District of New York, and beyond.

Awarded "Best Restaurant" by Capital Region Living, named as one of the "40 people under 40" to watch in the Capital Region, and voted #5 of New York's top-rated restaurants, Chef Aneesa and Tara Kitchen have become a beloved area staple.

Get ready for October's dining opportunity as we visit Tara Kitchen located at 172 River Street in Troy on Wednesday, October 6th at 4:30 p.m. The cost of the meal is \$30. Space is limited and registration is required. CSSC Transportation Services are available for those who are unable to drive themselves. Please call Diane at 518-459-2857 ext. 305 for additional information and to reserve your spot.

Defensive Driving Classes at The Beltrone Living Center

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



Thursday, August 12, 2021,
from 9 a.m. to 3:30 p.m.

Tuesday, August 24, 2021,
from 9 a.m. to 3:30 p.m.

Thursday, September 9, 2021,
from 9 a.m. to 3:30 p.m.

Tuesday, September 21, 2021,
from 9 a.m. to 3:30 p.m.

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.

August's Conversations are as follows:

Thursday, August 5 – Elaine Phelan, CPA and Professor at Siena College

Thursday, August 19 – Terresa Bakner, Environmental Attorney

These conversations may be viewed on CSSC's Facebook page and 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.



Join Us at Rivers Casino

Please join CSSC as we travel to Rivers Casino in Schenectady on Monday, August 16.

Shuttle will leave King Thiel Senior Community at 10:15 a.m. and The Beltrone Living Center at 10:30 a.m. returning at approximately 3:30 p.m. Prepayment of a non-refundable fee of \$20 is required. To make a reservation, please call Diane at 518-459-2857, ext. 305.

A Woman of Distinction – Irma Willie

Irma Willey has lived at Sheehy Manor for the past 17 years, moving in July 2004. Originally from Germany, Irma was born outside of Munich on June 17, 1929 to her parents Andreas and Maria. Her dad was one of six children and had served as a medic for four long years during WWI. She shared that her dad had kept a personal daily diary when he served, describing what he saw and experienced. She had been in possession of this diary until recently when it was sent back to family in Germany in hopes that it be donated to a museum. When Irma's parents married, her mom was 25 years old and her dad was 30 respectively, considered old for the time period. Irma explained that the four years her dad had served, up until the age of 26, had set him back in starting a life of his own.

Irma's mom, Maria, lost their first three children, all at early ages; not realizing at the time the cause was cystic fibrosis, a genetic disorder that affects the lungs. The young couple decided that farm work was too much for Maria so the farm was sold and they bought a grocery in Rosenheim, Germany. Unfortunately, this new entrepreneurial venture was short-lived with the onset of the Great Depression. One of fifteen children with ten living to adulthood, Irma was born when her parents owned the grocery. The young couple decided to sell the grocery, invest the proceeds with a Jewish attorney and move to Munich.

In 1933, the Nazi Party appointed Adolf Hitler chancellor of Germany following a series of electoral victories. Irma explained at the time, this gentleman her dad had trusted disappeared and with him the family's hard-earned savings. It was not until later did they realize the Nazi's took him. The family was left completely broke. Fortunately, her dad was able to find a job installing heating units and was gainfully employed throughout the war.

Irma shared in great detail what it was like living in the midst of WWII. She explained, "All the big cities got bombed especially the last two years. You can never forget those sirens. We lived in a four-story blockhouse and we had holes in our roof from bombs exploding nearby. My mother took us to basement and spread out hay for us to sleep on. It was so bad; no school no more. It was awful."

In 1945, when Irma was sixteen, she was sent to live at a convent. She fondly remembers the nuns and being trained to be a seamstress. During our interview she brought out the most incredible piece of fabric that contained buttons in buttonholes, a zipper, pockets, cuffs, pleats and inlay work, explaining that this was her final exam with the nuns. If she were able to complete all these techniques, she would graduate and be considered a qualified seamstress. This simple light blue piece of fabric looks astonishingly new showing how incredibly cared for it has been over the last 78 years.

At the end of the war, with Germany in ruins, Irma's father told his surviving nine children, "Get out when you can. America is safer." Ultimately, four children, including Irma, went to America and four children resettled in South Africa. One child stayed behind in Germany to care for his parents. Irma's mom told her, "Every time a child leaves homes it rips a piece of your heart out."

Meeting a US serviceman, Irma immigrated to the United States in the 1956 settling in Mount Pleasant in Schenectady. In regards to employment, Irma cleaned an attorney's home for 27 years, commenting how incredibly kind he was.

Irma shared that while in Schenectady, she befriended a young Polish woman who had immigrated to the US with the intent of working for a couple of years in order to support her two young children, sick husband and mother-in-law back in Bukowsko, Poland. Irma explained that out of all the destruction of WWII, "Meeting her, I knew something good would come out of it." She, in essence, adopted this poor Polish family and over the years sent a couple hundred care packages to them. She started with chocolates and candy, and quickly progressed to include food and clothing. She would shop at Macy's and Carl Company when they had their big sales. She commented, "I wanted nice things to send them." Irma joked that she knows she is going to heaven because the Polish family was always praying for her for her good deeds.

Irma has one daughter, Debra, who lives locally. And she has been able to travel to South Africa twice to visit her family. In her free time, Irma likes to sew, read and cook good German food for her fellow Sheehy residents including pork roast and potato pancakes.

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



Aging Well With a Healthy Body & Brain

Colonie Senior Service Centers is partnering with the Albany Guardian Society as they take their Fall Learning Institute “on the road” to The Beltrone Living Center, 6 Winners Circle, Albany at the end of September for a program entitled Aging Well With a Healthy Body & Brain. This program will offer tips, tools and practical strategies to help you age healthy and well. Wear some sneakers and comfy clothes, and be ready to learn more about this important topic as we come together. We are finalizing all the details. Stay tuned for the date and time.



Search Your Attics For Buried Musical Treasure!

Vanguard, volunteer supporters of the Albany Symphony Orchestra, seeks musical instruments in very good condition for donation to music-loving Capital District children whose parents cannot afford rental or purchase fees. Your tax deductible donations will enable hundreds of children to experience the joy of playing in their schools' orchestras or bands. School budget cuts have resulted in fewer instruments available for needy students. 264 instruments have been collected to date. Contact Jill Rifkin, Chair, Instruments for Students, at (518) 439-1843 or jrrif@aol.com.



Bright Horizons Adult Day Update

There is liveliness and laughter again coming from the doors of our Bright Horizons program located at the Beltrone Living Center. Since our reopening on June 2, 2021, we have welcomed our seniors back and welcomed many new seniors to our adult day social program. Days are filled with activities that keep us socializing throughout the day and using our “brain power” to enhance our cognition. Our seniors enjoy having choices throughout the day: memory and trivia games, scrabble, Wii bowling, BINGO, checkers, and balloon baseball just to name a few. Prior to the recent heat wave our seniors planted in our raised flower beds, and were able to sit under our awning on the patio to socialize.

Our program is open Monday – Friday, 9-4pm. We still conduct our virtual adult day program on Mondays, Wednesdays and Fridays. The virtual days are our hybrid days where our in-person seniors can interact with our virtual seniors. Our activities on these days engage both groups in some form of exercise, Jeopardy game or word games. Our respite volunteers continue to provide program activities to seniors in their homes for socialization and cognition enhancement.

We are thankful to our seniors, their caregivers, our volunteers and staff for their continued support and dedication. We look forward to every day at Bright Horizons and enjoy “living in the moment.” If you would like more information about Bright Horizons please contact Sue Napierski at 518-459-7967/ snapierski@colonieseniors.org or Sarah Perkins at 518-459-2857 ext. 323/ sperkins@colonieseniors.org

In partnership with others, we are historically cool!

In addition to beautiful landscapes and a wide diversity of natural resources, our region is incredibly rich in history. Many locations are stations with CSSC's RSVP (Retired Senior Volunteer Program) where we assist in securing senior volunteers (55+) from Albany, Rensselaer and Schenectady Counties for their historic sites. Additionally through **THE CENTER** at CSSC, we arrange visits and tours to many of the sites in order to share their mission and purpose with seniors. All of us at CSSC realize there is so much to see, learn and do when it comes to our area's history.

In August, we will be visiting Shaker Heritage Society, America's First Shaker Settlement, whose mission is to preserve the buildings and history of the Watervliet Shakers, which is currently located adjacent to the Albany International Airport.

Let us tell you about the Shakers. In 1776, a small group known derisively as the Shaking Quakers and led by an illiterate textile worker names Ann Lee leased a parcel of land near Albany (now the Town of Colonie) and established a communal religious society officially known as the United Society of Believers in Christ's Second Appearance. The group believed in racial and sexual equality, honesty, devotion to industry and perfection. Ann Lee and her followers slowly transformed the swampy, wooded landscape into fertile farmland. As more converts joined, the settlement grew into four economically separated sub-communities known as the Church, North, South and West Families.

Join Shaker Heritage Society (SHS) and receive \$5 off your initial senior membership. SHS offers a wide variety of wonderful events and programming. (Call SHS at 518-456-7890 and mention this ad to receive the discount.)

THE CENTER at CSSC

We are fully open. It's been a long year and a half without seeing you in our classes, at our events and being part of life at CSSC. Now, we are free to learn, grow and celebrate life together. Join us, won't you? Membership is \$20 per year.

Caroline Barrett, Director of Lifelong Wellness
518-459-2857 ext. 327, cbarrett@colonieseniors.org

August Events at **THE CENTER:**

Trips, Travel + Fun Events

Wine Tasting

Calling all oenophiles! Or, anyone who likes to taste wine for the fun of it and learn something new: Diane will lead us to Meadowdale Winery in Altamont, makers of organic, award-winning wines made from apples, grapes, and even raisins. Tour, wine tasting and snacks included.

Friday, August 20, Bus leaves The Beltrone at 1:30 p.m. and returns at approximately 5 p.m.
\$10 for members, \$15 for not-yet-members.

Curtain Call Theater

Who does not love theater? Join us for Curtain Call Theater in Latham, where you'll find exceptional theater in an intimate space. We'll see *An Act of God*, a hilarious comedy and Broadway hit about "a gut-busting-funny riff on the never-ending folly of mankind's attempts to fathom God's wishes through the words of the Bible and use them to their own ends."

Thursday, August 5, Bus leaves The Beltrone at 6:45 p.m. and returns at approximately 9:15 p.m.
\$28 for members, \$35 for not-yet-members.

Helderberg Mead Tasting

Join us as we sample and learn about mead – the fabulous drink made from honey. Mead is an alcoholic drink, made from fermented honey and water, with added fruits, spices and other flavorings and considered to be one of the oldest fermented beverages. Helderberg Meadworks will offer up four different samples, show us their meadery, and talk about all things mead!

Wednesday, August 11, Bus leaves the Beltrone at 2:30 p.m., and returns at approximately 6:00 p.m.
\$20 for members, \$25 for not-yet-members.

Grafton Lakes Day at The Beach

Love sandy beaches and cool lakes? Come spend the day at the water's edge of Grafton Lake in Cropseyville, NY (a 40ish minute drive.) Bring your lawn chairs (or we can provide one.) Snack bar and restrooms available at the lake. Weather permitting.

Monday, August 23, Bus leaves the Beltrone at 10:00 a.m. and returns at approximately 4:00 p.m.
\$10 for members only.

Albany Mural Tour

Back By Popular Demand!

Did you know that Albany is the home to a great many inspiring murals? Step on one of our buses to take a tour of these wonders. We'll drive by and hear the story of the mural and the artist who created it as we stop at each work of art.

Thursday, August 26, Bus leaves the Beltrone at 1:00 p.m. and returns at approximately 3:00 p.m.
\$5 for members only.

Rivers Casino

Spend the day pulling slots, playing cards and eating great food, at the Schenectady-located casino. Monday, August 16, Bus leaves The Beltrone at 10:30 a.m., returns at approximately 3:30 p.m., \$20 for members and not-yet-members.

Creative and Art Events

Paint By Numbers

Create your own masterpiece with a little patience and a lot of comradeship! Use a paint kit to follow numbered directions, slowly working to make a vibrant, floral painting. This event is made possible the generous donation of a community member.

Thursdays, August 12, 19 and 26, 10 – 11:30 a.m., at The Beltrone Living Center. Free for all.

Rubber Stamping Art

Paper craft and ink stamping with Ann Burns is one of our favorite CENTER events. Join us at The Beltrone Living Center.

Thursday, August 12, 3 – 4:00 p.m., use Ann's Stampin' Up paper craft techniques to make a set of beautiful cards to give, for 'just because' occasions.
\$10 for members, and \$4 materials fee.

Tuesday Morning Art Club

Come be creative with us! Join Marcie Hansen as she guides groups through simple and easy-to-follow art techniques each week, then have time to practice what you've learned (materials will be provided.) Or, bring your own project and materials, and have a safe place to work.



People love to sing. Whether or not you can carry a tune, people seem to understand that there is something positive, something healthy, in the act of raising your voice in song. In fact, there is scientific evidence to prove that singing is, in fact, good for your body and your mind. Singing relieves stress, improves lung function, and when you sing with others, you are likely to feel you belong, a sense of camaraderie.

Stay tuned . . . CSSC is in the process of creating a traveling singing group, entitled **Forever Young Singers**, made up of seniors (55+) from the community. We hope to have tryouts this fall.

Ready to be involved in your community? Recently retired?

Part-time drivers needed to transport senior citizens in the Colonie area. Small bus, regular driver's license and a good driving record required. This is a great way to provide a community service and get paid. Contact Danette Groat at 518-459-6064 or email dgroat@colonieseniors.org for more information. EOE.



Introducing "The People's Pantry"

This past year has been very challenging for seniors. Many households have experienced food insecurities. Recognizing the hunger rate as well as food costs are increasing, CSSC would like to do our part to help.

On Monday, August 2, 2021, CSSC will be introducing, "The People's Pantry", a stand-alone, self-serve pantry on our Sheehy Manor Campus located at 8 Carondelet Drive in Watervliet. "The People's Pantry" is where any senior in the community can find nutritious, shelf-stable food items such as granola bars, dry pasta, peanut butter and canned goods at no cost. The idea is a senior can come and take what they need.

In addition, if you are interested in making a donation to the pantry, please call Sharon at (518) 459-2857 ext. 302.



Zoom Events

Free for members, Registration NOT required for Zoom events. In-person events are held during lunch at The Beltrone Living Center. Call for reservations, 518-459-2857 ext. 303.

Organize Your Vital Records

(Via Zoom + In person)

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. Wednesday, August 11 at 12 Noon.

Legal Planning for Alzheimer's Disease

(Via Zoom + In person)

In this important seminar, you'll learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you. Information for families and individuals dealing with Alzheimer's disease or a related dementia will also be covered. Topics will include: making legal plans that fit your needs, legal documents you'll need and what they mean for all of you, how to find legal and financial assistance, practical strategies for making a long-term plan of care, tax deductions and credits, government programs that can help pay for care. Friday, August 13 at 12 Noon.

Shakespeare in the Garden

(Via Zoom) The beauty of flowers has inspired civilizations to attribute symbolic and mystic meanings to each blossom. Through the ages, beautiful and poetical thoughts have been conveyed by the presentation of a single blossom, and whole messages were communicated by bouquets in which each flower chosen offered a significant idea. In his plays and poetry, Shakespeare was a master at the use of symbolism through his choice of plants and flowers. Come hear about this writer's genius, including "And there's Pansies, that's for thoughts" (Hamlet). Tuesday, August 17 at 12:30 p.m.

Controlling Cholesterol

(Via Zoom) This seminar provides information on heart disease and stroke and the impact of high cholesterol. Learn about medical terms, the importance of proper diet, smart exercise and medications that can help. Friday, August 20 at 12:30 p.m.

Social Events

(At The Beltrone Living Center) Free for members

Writer's Workshop

Come practice the art of writing in a friendly and supportive environment. Meet in the Library. 1st & 3rd Tuesdays, 1 p.m. – 2 p.m., August 3, 17.

Walking Club

Join us for fresh air, friendship and great exercise. Meet in the Lakeview Dining Room. Tuesdays at 10 a.m.

BINGO!

Have fun and win cash. Wednesdays at 1 p.m. No registration required. (With Viola!)

Book Club

(In Person) 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 third Tuesday of each month to discuss the chosen book.

Open Studio Time

Come work in our beautiful Art Studio. Bring whatever project you're working on and be creative in a supportive environment. Tuesdays, 9:30 – 11:30 a.m.

Knitting

Knit one, purl one, chat! A friendly group, choose either time or both. Mondays 10 a.m. and Friday 1 p.m.

Bridge

Come play with a friendly group. Tuesdays at 12:30

Broadway Shows – On the Screen in the Lakeview Dining Room

\$1 per show, free popcorn

Monday, August 9 at 3 p.m., Billy Elliot

Elton John and Lee Hall's Billy Elliot the Musical tells the story of a little boy in a small British town who prefers ballet to boxing, much to the dismay of his conservative working-class community.

Monday, August 23 at 3 p.m., Jersey Boys

The story of four young men from the wrong side of the tracks in New Jersey who came together to form the iconic 1960s rock group The Four Seasons.

Monday, August 30 at 3 p.m., Mamma Mia!

The story of a bride-to-be trying to find her real father, told using hit songs by the popular 1970s group ABBA.

Senior Dining Program

August meals and events at Colonie Seniors:

August 6 Special Lunch: Come hear the beautiful sounds of Sophie Dvorak, South Colonie High graduate and master of Broadway tunes! Lunch will be Greek salad with chicken, cucumbers, tomatoes, olives and feta cheese, watermelon, pita bread and lemon pie.

August 16 Special Dinner: The sweet sounds of the Forgettable Four are back! This A Capella group sings all your favorites. Dinner will be meat lasagna, Caesar salad, garlic bread and berry shortcake.

Lunch & Learn: August 11: Learn how to keep your vital records in good order, in case of emergency.

Lunch & Learn: August 16: Important information about legal and financial issues associated with Alzheimer's Disease.

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

August 2021 Menu			
August 2	Sausage w/Peppers & Onions	August 16	Cobb Salad
August 3	Cheddar Broccoli Soup & Roast Beef Sandwich	August 17	Shrimp Scampi w/peas
August 4	Spaghetti & Meatballs	August 18	White Pizza w/ Broccoli
August 5	Chicken Pesto Bake	August 19	Grilled Chicken Parm Sandwich
August 6	Special Lunch: Greek Salad	August 20	Vegetarian Chili
August 9	Turkey & Cheese Wrap	August 23	Pot Roast w/ Veggies
August 10	Eggplant Parmesan	August 24	Pulled Pork Sandwich
August 11	International Day: Indian Butter Chicken	August 25	Baked Cod
August 12	Salmon Cakes	August 26	Zucchini, Tomato & Basil Quiche
August 13	Sausage Stuffed Zucchini	August 27	Citrus Quinoa Salad w/Chicken
		August 30	Parmesan Crusted Chicken
		August 31	Stuffed Pepper

All lunches served with milk, side dishes, dessert and a smile.



Best Wishes to Ken Harris

CSSC would like to congratulate Ken Harris on his retirement from Albany Guardian Society. He has been a tremendous friend and supporter of CSSC for many years and we wish him only the best in the next phase of his life.

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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IN MEMORIAM

Paula Stopera
1957 — 2021



Paula Stopera was the former CEO of CAP COM Federal Credit Union and a strong advocate for our senior community. Paula was involved in CSSC's Warmth of Winter event which raises money to pay seniors heating bills. She also organized CAP COM's Holiday Angels which provides gifts to hundreds of needy seniors throughout the community. CSSC and Capital Region seniors will deeply miss Paula and her kind heart.