

A Community for All

The past two years have been difficult for everyone. Activities that had always been enjoyable are now complicated, cancelled or carefully coordinated. However, we need connection. We need laughter. We need socialization and pleasant communication. We need to continually learn.

With the onset of spring, warmer weather and more hours of sunlight, Colonie Senior Service Centers is offering an array of programs both virtually and in person. From music and dinners to outings and classes, there is something for everyone. Here are just a few that are being offered this month.

Warmth of Winter – Thursday, March 3

Virtual CSSC Fundraiser, tickets available
5:00 – 6:00 p.m. meal pickup
6:00 – 7:00 p.m. on-line program and auction



World Concert Series – Tuesday, March 8, 5:30 – 7:00 p.m.

With Triskele, an all-female, Celtic-Irish band and special performance by An Clar dancers. Free admission with Irish food items for purchase.

International Diners Club – Wednesday, March 16, 4:30 p.m. (leave BLC at 4:00 p.m.)

Karavalli, Classic Indian cooking.

St. Patrick's Day Community Drive thru Dinner – March 17

4:00 – 5:00 p.m. meal pickup
This wonderful drive thru meal is available to anyone in the community. Reservations required.

Healthy Cooking Class – Thursday, March 31, 11:00 a.m.

Peruvian with Hector Jasen
Free, Sponsored by CDPHP, Registration is required.

Learn about these and other activities. There is so much to do. Please, join in, participate, take part, get involved, get engaged... you will be happy you did.

Please note: if you plan on attending in-person, proof of COVID vaccination and mask will be required.



Message from the Executive Director



Happy March!

March 8 – International Women's Day

March 17 – St. Patrick's Day

March 20 – First Day of Spring

March 30 – National Take a Walk in the Park Day

Anticipation –
“an advance realization
of something to come”

March is a month of new beginnings. From Daylight Savings on March 13 to the beginning of spring on March 20, it is a month bursting with change as Mother Nature begins to bloom and display her colors. As we enter a new season, it is a perfect time to celebrate.

When I think of March, I think of the color green. Maybe because of St. Patrick's Day or the beginning of spring blooms. April showers may bring May flowers, but there are numerous plants that produce beautiful, blooming flowers and buds in March such as cherry trees, crocuses and daffodils. This year, I wanted to get a jump on seeing flowers and herbs growing so I purchased prepackaged growing pots containing sunflower, cone flower and basil seeds. I placed the pots on a table in my daughter Catherine's old bedroom, which is south facing and normally the sunniest room in the entire house. And now I wait and admire, anticipating beautiful blooms and smells that I can hopefully replant outside once the weather gets warmer and threat of frost is gone.

As I am anxious for spring, I am also looking forward to get-togethers and more sunlight. Once the road is passable, my weekends will hopefully be spent completing a major project at our tiny red camp in Galway. I look forward to having a covered front porch and our bathroom rebuilt



as well as outdoor fires in the evening and the beautiful sound of silence.

I am also looking forward to seeing you. In anticipation for St. Patrick's Day, on Tuesday, March 8, CSSC will be hosting Triskele, an all-female Celtic band known for their stunning harmonies, singing in the Gaelic language and their Irish wit. Additionally, back by popular demand, on St. Patrick's Day, March 17, our community drive thru dinners will begin with an Irish-themed meal complete with corned beef, rooted vegetables and chocolate Guinness cake for dessert.

Check out all our programs and upcoming activities at www.colonieseniors.org or on our Facebook page.

Finally, on a personal note, I want to thank everyone who contributed to this year's Warmth of Winter, occurring on Thursday, March 3rd. From the event committee chaired by the amazing Andrea Crisafulli, to our sponsors, honorary committee participants, auction item donors and attendees, THANK YOU! An additionally deserved shout out goes to CSSC staff including the incredible Sharon Herald and Michael DiGiuseppe who do a tremendous job behind the scenes making sure everything falls into place. Remember, you still have time to purchase your ticket to this worthwhile virtual event.

Take care and happy spring!

– Diane Conroy-LaCivita

April's Healthy and Local Cooking Class – Healthy Irish

Irish cuisine is the style of cooking that originated from the island of Ireland and evolved from centuries of social and political change as well as the mixing of the different cultures in Ireland, predominantly from nearby Britain and other European regions. The cuisine is founded upon the crops and animals farmed in its temperate climate. For example, potatoes were widely adopted by the Irish in the 18th century and essentially became the main food poor people could afford.

By the 21st century, much traditional Irish cuisine was being revived. Representative dishes include Irish Stew, bacon and cabbage, boxty and soda bread. Modern Irish food still uses traditional ingredients, but they are now being cooked by chefs with world influences and are presented in a more modern and artistic style

With the generous support from CDPHP, please join Elizabeth Steck, Ph.D., Executive Director of the Irish American Heritage Museum and Chef Pat Hale, for a

class entitled “Healthy Irish” on Tuesday, April 5 from 11:00 – 12:00 noon at King Thiel Senior, 17 Elks Lane in Latham.

There is no charge to attend this class, but space is limited, and registration is required. Please call Diane for questions or to register at 518-459-2857 ext. 305.



**Healthy and Local Cooking Class
is Sponsored by**





Where does the saying “Luck o’ the Irish” come from and is it accurate?

The term ‘the Luck of the Irish’ is said to have followed successful miners from Ireland for the duration of the gold rush in the United States which occurred from approximately 1848 to 1852.

Many of the most successful miners were of Irish or of Irish American descent. The miners that were working alongside Irish miners put their ability to source these mining fortunes down to sheer luck, rather than perseverance and diligence. Over time this association of their history of mining fortunes led to the term “Luck o’ the Irish”, but it was meant to be critical, as if to say it is only by sheer luck and not skill that the Irish succeeded.

Scientific research has shown that Luck really exists. It is said that if you are someone who believes that luck is a matter of chance and has nothing to do with one’s own will and choice, well, it might be time to change your mind. For most people, luck is sudden, unexpected, and indefinable.

Defensive Driving Classes

Roger Dames, CSSC’s Driver Fitness Coordinator, will conduct Defensive Driving Classes on the following dates:

- **Saturday, March 19, 2022,** from 9 a.m. to 3:30 p.m.
- **Thursday, March 31, 2022,** from 9 a.m. to 3:30 p.m.
- **Saturday, April 9, 2022,** from 9 a.m. to 3:30 p.m.
- **Friday, April 22, 2022,** from 9 a.m. to 3:30 p.m.
- **Wednesday, May 11, 2022,** from 9 a.m. to 3:30 p.m.
- **Tuesday, May 24, 2022,** from 9 a.m. to 3:30 p.m.



**Don’t Have the Time for a Weekday Class?
Can’t Find the Time for an All Day Saturday?
We Have the Answer for You!**

- **Wednesday and Thursday, June 8 and June 9, 2022** two part night class from 5:30 p.m. to 8:30 p.m. **Must attend both sessions.**

- **Wednesday, June 22, 2022, 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.

Masks are required to be worn throughout the class.

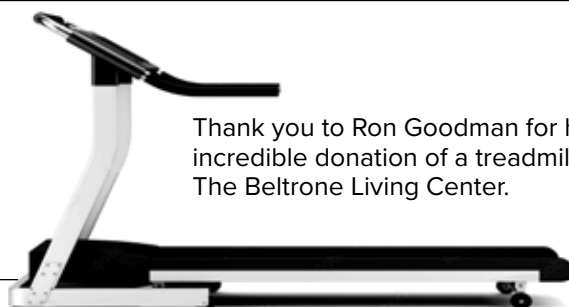


Friday, May 6, 2022
at The Beltrone Living Center
Lakeview Room

THE **BELTRONE LIVING CENTER**
for independent adults, 55+

OPEN HOUSE!

The Beltrone Living Center has scheduled their spring open house for Saturday, May 14 from 10:00 a.m. – 1:00 p.m. Come tour one of our region’s premiere independent senior 55+ living communities. Adjacent to the Crossings Park of Colonie, The Beltrone is about affordability, a multitude of on-going planned activities and outings, wonderful cuisine prepared on premise by Mazzone Hospitality and location, location, location; close to shopping and area attractions. Many apartment models to choose from. For questions or for additional information call 518-459-2711.



Thank you to Ron Goodman for his incredible donation of a treadmill to The Beltrone Living Center.



April's Community Drive Thru Dinner

Thursday, April 7, 2022 from 4 p.m. to 5 p.m.

Menu

Spring Vegetable Lentil Soup

Baby Greens with Roasted Peppers, Olives,
Provolone Cheese & White Balsamic Vinaigrette

A Duet of Glazed Ham and Roasted Turkey Breast,
Sun Dried Cranberry Gravy

Mashed Potatoes, Green Bean Casserole

Lemon Mousse, Mixed Berry Compote,

Lady Fingers

This wonderful drive thru meal is available to anyone in the community. Reservations are required and the cost is \$15 per meal. To make a reservation or for additional information, please call Louis at 518-459-2857 ext. 340.



(AP Photo/Mary Altaffer)

St. Patrick's Day Parade

Saturday, March 12, 2022
at 2:00 p.m. Buses Will Leave
The Beletrone Living Center
at 11:30 a.m.

Interested in being in this year's St. Patrick's Day Parade on Saturday, March 12, 2022? CSSC will have two CSSC buses riding in the parade and we are looking for fun, friendly and green-wearing seniors to ride in our buses along the parade route. Smiling and waving to the parade goers. If you are interested call Diane at 518-45-2857 ext. 305.





Mark Your Calendar and Polish Your Polka Shoes

Join us on Friday, April 29th from 6 p.m. to 7:15 p.m. for our second monthly community concert in a four-part series entitled World Concert Series – Music for the Ages.

Fritz's Polka Band (FPB) was formed in 1978. From Verona, NY, Fritz's Polka Band is NOT an oompa pa band or the stereotypical "polka" band. In fact, FPB is known for breaking the stereotype regarding "polka" music. FPB is the first polka band to perform at a Woodstock Festival (Woodstock '99)! Fritz's Polka Band has made 19 recordings, which have achieved international airplay.

Band Members:

Fritz Scherz – piano accordion, button-box accordion, vocals

Gabe Vaccaro – bass guitar, guitar, vocals

Frank Nelson – guitar, bass guitar, vocals

Tim Quinn – drums & vocals

This event is possible with the generous support from the New York State Council for the Arts. Weather permitting, the concert will be held in the south-end gazebo/lawn at The Beltrone Living Center. If prohibited by weather, concerts will be moved to The Beltrone's Lakeview Room.

This event will be open to the public free of charge and will have ethnic food available for purchase as well. CSSC will also make available free tabling opportunities for groups/clubs associated with that group. Our goal is to create a safe, festive, welcoming venue that individuals can appreciate live local musical talent.

Please note: proof of COVID vaccination and mask will be required. For questions or additional information, please call Louis at 518-45-2857 ext. 340.

Thank You! Thank You! Thank You! Thank You!

We would like to thank everyone who donated to our recent food drive. Your support helps us continue our mission to keep "The Peoples Pantry" full. Your donation will have a significant impact on helping seniors in our community.

Through the pandemic we have seen an increase in food insecurities within seniors. "The Peoples Pantry" is here to help alleviate this uncertainty within the senior population. Your generosity is tremendously appreciated.

Again, Thank you for your donation.



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

April's Outing – Italian Anyone?

Formerly V&R on Madison Ave, now Rudy's V&R, located off Everett Road at the West Albany Italian Benevolent Society. The V&R initials are for the original partners of the Albany restaurant, Vinny Lulgjuraj and Rudy Berisic. This restaurant is known for their Italian house specialties and homemade desserts.

Get ready for April's dining opportunity as we visit Rudy's V & R Italian Ristorante, 50 Exchange Street, Albany on Tuesday, April 26 at 4:30 p.m. The cost of the meal is \$33. Space is limited and registration is required. CSSC Transportation Services are available for those who are unable to drive themselves. Please call Louis at 518-459-2957 ext. 340 for additional information and to reserve a spot.



Take Two – Forever Young Singers Up and Running Again

Research shows that those who sing are happier, live longer and are generally much healthier. It is considered a natural antidepressant too! So, sing your heart out!

Colonie Senior Service Centers is thrilled to announce the addition of two area talented musicians, Jeff and Crystal Moore, who have agreed to take on CSSC's Forever Young Singers. We want to thank David VanDeusen for beginning the initial group and wish him all the best with his future endeavors. After a short pause, we are ready to start forming the group again.

Jeff and Crystal Moore are co-owners of Peak Music Studios Guitar & Voice Lessons in Latham. Jeff is a Master Certified Voice Coach and was educated at Berklee College of Music. Crystal is a vocalist and Berklee-educated bassist, and is the studio's Business Manager. Both strongly believe that music is a powerful force in connecting people and are passionate about helping others express their creative selves. They recently developed a new computer application, Singers Checkup, which provides singers with voice testing and workouts. They are thrilled to be working with Colonie Senior Service Centers to help start their new singing group, Forever Young Singers. They are looking forward to a fun and creative adventure!

For those of you who have submitted an application previously, we will be in touch shortly. If you are interested in learning more about this group, please call Louis at 518-459-2857 ext. 340 or visit our website at www.colonieseniors.org.

The group will begin its weekly practices starting on Thursday, April, 7 from 1 p.m. to 2 p.m.

Come for lunch and stay for singing. Call to let us know you are coming.



Forever Young Singers
is sponsored by



Thank you to MediGold for underwriting the Community Valentines Concert with the Hands of Time on February 11, 2022.

Senior Dining Program

March Senior Dining

Please check in, as schedules and plans are ever-evolving due to the pandemic. As this newsletter goes to print, we are open for in-person dining. Please note, you must have all three vaccinations to sit in our dining room. Thank you for doing your part to keep everyone safe by getting your vaccination and wearing a mask!

Join us for a hot meal at The Beltrone Living Center Monday – Friday at 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. 303.

Special Events:

Reservations and registration are required.

Lunch and Learn: Thursday, March 10 at noon – Come for a live cooking demonstration with Chef Jim Kavanaugh, as he cooks up an Irish favorite – Bangers and Mash. This Irish pub food consists of pork sausages, potatoes and onions gravy. It's commonly served in pubs across Ireland and the U.K. Reservations required.

March 2022 Menu Menu items are subject to change

3/1	Shepherd's Pie	3/21	Meatloaf
3/2	Stuffed Pepper	3/21	Special Dinner: Chicken Parmesan
3/3	Scalloped Potatoes w/ Ham	3/22	Chicken, Bacon & Ranch Pizza
3/4	Corned Beef w/ Cabbage	3/23	Pineapple Shrimp
3/7	Special Lunch: Apricot Chicken	3/24	Sausage Sandwich
3/8	Philly Cheesesteak	3/25	Chicken and Waffles
3/9	Beef Stew	3/28	Spinach Frittata
3/10	Baked Cod	3/29	Shrimp Primavera
3/11	Chicken Parm Sandwich	3/30	Pulled Pork
3/14	Chicken Cacciatore	3/31	Chicken Marsala
3/15	Swedish Meatballs	For special events, suggested contribution of \$3 for the meal and \$3 for entertainment.	
3/16	Greek Chicken		
3/17	Eggplant Parmesan		
3/18	Salmon Cakes		

Special Lunch: Friday, March 4 at noon. Come hear the sounds of Irish guitar and song with Padraig Timoney. Lunch will be corned beef and cabbage, potatoes, carrots and an Irish cupcake.

Special Dinner: Monday, March 21 at 5 p.m. The Musicats Duo plays the music of George Gerschwin, Frank Sinatra, Fats Waller, Nat King Cole, Tony Bennett, Ella Fitzgerald, and many others. Dinner will be Caesar salad, chicken parmesan and ice cream sundaes.

Join Us at THE CENTER as We Bid Adieu to Winter!

In the month of March, there is much happening. For fitness, there is Tai Chi, Yoga and Line Dancing. We are being creative, with classes in watercolor, tissue paper flowers, and open studio time. We'll be traveling, with trips planned to the Irish American Heritage Museum, Dear Evan Hansen at Proctor's Theater, Rivers Casino and the Argus Hotel. We also continue to be social with clubs that meet for knitting, books, writing and cards. Membership is \$20 per calendar year, and you can reach out to 518-459-2857, ext. 327 or cbarrett@colonieseniors.org for information.

THE CENTER at CSSC is currently seeking Mahjong players who know the game, to help start a group at The Beltrone Living Center. Please call Caroline, 518-459-2857, ext. 327 for information.

Sacred Spaces – Redemption Church

Please join Diane as she visits another sacred space, Redemption Church located at 1511 6th Avenue in Watervliet on Tuesday, March 29, 2022.

In 1972, Elder John Massey, Jr. began a home Bible study held at his kitchen table. This home Bible study was a small sanctuary for nightly gatherings of prayer, devotions, and in-depth Bible study. The kitchen became too small for the group that began gathering on a regular basis, so the services were moved to a small rented church building on Fifth Avenue. In less than a year, the small church building was filled to capacity, and the church relocated to 230 Second Street in Troy, New York. After many years of use, the building was sold, and the congregation moved to its present location at 1511 6th Sixth Avenue in Watervliet, New York in 2007.

In 1979, Pastor Massey established Redemption Christian Academy (RCA) as an auxiliary of this organization Redemption Church of Christ to provide quality Christian education in a structured environment. His leadership ability, commitment, and dedication to the success of the programs offered by Redemption Church and Redemption Christian Academy have earned him local and national recognition: NYS Martin Luther King, Jr. Humanitarian Award; Jefferson Award; Albany District Links Award; Martin Luther King, Jr. Drum Major Award; and American Century Award. Since the school's inception in 1979,

Redemption Christian Academy blossomed from a day school to a day and boarding school with a reputation for maintaining high standards for academics and character.

In addition to RCA, Redemption Church of Christ has grown into a vibrant outreach ministry: Redemption Church of Christ Missions with domestic and international outreach, Redemption Church Ministries, Alive and Remain Ministries, Women of Faith, Sunday school and Children's ministries, Pathfinders and Teens Loving Christ (TLC), Soup for Seniors, Home Bible Studies, Radio and Internet broadcasting, and New Saints classes. Redemption Church with its various outreaches and auxiliaries is making an impact both on the local community as well as on our international community.

To make a reservation, please call Louis at 518-459-2857 ext. 340. For those who would like transportation to and from, we will be leaving from The Beltrone Living Center at 10:00 a.m. and returning at approximately 12:00 Noon.



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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Albany, NY 12205

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Warmth of Winter

Thank You...

to the sponsors, supporters,
and virtual attendees of the
2022 Warmth of Winter
for another successful event!



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F.W. Webb	Capital District Digital
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With your support at this year's event, you have helped to heat the homes of over 200 seniors who struggle to pay their high heating bills over the winter months. Proceeds from the event go toward members of Umbrella of Colonie and seniors throughout the Capital Region.