

## Leading the Way

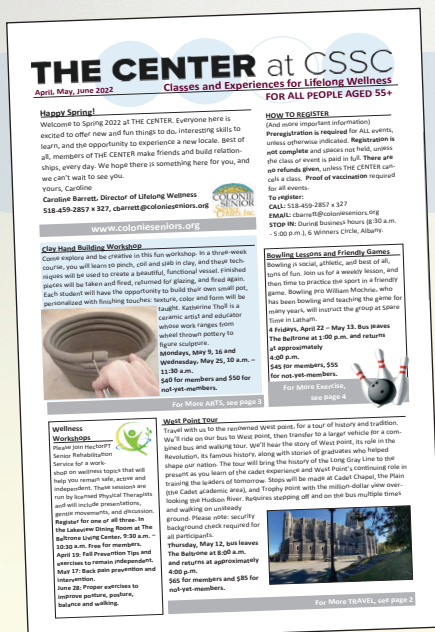
When we dreamed up a place called **THE CENTER**, it was 2019 and what feels like a different time. Here we are, nearly three years and one pandemic later and our program is going strong: a vital lifeline to exercise, the arts, music and most importantly, connection to other humans. A few weeks ago, a member came to a class, and told me that it was the first time leaving her home, with the exception of getting vaccinated, in two years. I felt touched that she chose **THE CENTER** for her first outing. It reminded me that providing a space that feels both safe and is a place to learn new ideas is at the heart of what **THE CENTER** was created for.

With the new catalog arriving on the doorsteps of over 1,000 seniors in our community this month, I am honored to connect with each person who attends an event at **THE CENTER**. Those connections are what it's all about. Whether you choose to practice yoga, pick up a paintbrush or take a trip with us, doing so will nourish your spirit, connect you with other people and no doubt, you'll enjoy it all, too.

Yours,  
**Caroline Barrett**  
CSSC, Director of Lifelong Wellness

### April May June classes and events include:

- Arts
  - Clay Handbuilding
  - Watercolor
  - Wreathmaking
  - Embroidery
  - Drumming
  - Exercise
  - Bowling
  - Line Dancing
  - Tai Chi
  - Tai Chi for Memory Loss
  - Jazz Dance
  - Tap Dancing
  - Yoga
  - Tours and Trips
  - West Point Tour
  - Olana
  - Opus 40
  - Walking Tours
  - Farm Tours
  - Kayaking
  - Proctors
- And SO much more!**



Visit [colonieseniors.org](http://colonieseniors.org)  
or call 518-459-2857,  
ext. 327 for the latest  
**THE CENTER** catalog.



**THE CENTER** is underwritten by:  
Transportation Sponsor      Programmatic Sponsor





## Message from the Executive Director



### Happy April!

**April 7 – World Health Day**

**April 10 – National Hug Your Dog Day**

**April 15 – Passover**

**April 17 – Easter**

**April 22 – Earth Day**

**April 26 – Audubon Day**

**April 29 – International Dance Day**

### The Good Life – Front and **CENTER** “Where your focus goes, energy flows.”

Believe in yourself. Be curious. You are never too old to learn. Learn to utilize your talents and be willing to take chances...

Though at times we all doubt our abilities, we need to realize that we are far more accomplished than we think.

Launched in September 2019, **THE CENTER** at CSSC was created to promote lifelong learning, positive interaction and socialization. The idea of **THE CENTER** came to me when I thought about the many Elderhostels I helped host as a young woman in the museum field. Every summer we would receive groups of older adults from all over the world who immersed themselves in studying the Shakers for a week or two while staying in the dorms at one of our local colleges or universities. As a “twenty-something”, these seniors yearning to learn and discover absolutely fascinated me. In my book, they were cool.

Elderhostel is actually a nonprofit organization that provides educational opportunities and learning adventures to individuals age 55 or older. Now known as Road Scholars, they organize trips that include lectures, discussions and cultural outings in 90 countries around the world as well as in all 50 states.

Borrowing their model but at a local level, **THE CENTER** was born. Under the direction of Caroline Barrett, CSSC's Lifelong Wellness Director, **THE CENTER** has flourished. She has added a wonderful wide variety of options and opportunities for **CENTER** members to take advantage of.

For \$20 a year, a person can be as busy as they want to be with a **CENTER** membership. Residents in CSSC's three senior communities (Sheehy, Beltrone and King Thiel) receive a **CENTER** membership free-of-charge. If you are not already a member, think about joining. You will be happy you did!

I want to wish you an abundance of blessings, prosperity, and happiness today and throughout April.

– Diane Conroy-LaCivita

### BENEFITS OF LIFELONG LEARNING

NURTURES  
CURIOUS MINDS

BUILDS NEW SKILLS,  
IMPROVES THOSE  
YOU ALREADY HAVE



OPEN MINDS AND  
INCREASES WISDOM

IMPROVES MEMORY  
AND INCREASES  
SELF-CONFIDENCE

## May's Healthy and Local Cooking Class – Farm Fresh Korean Cuisine

Korean food is some of the healthiest on earth, with an emphasis on vegetables, meats cooked simply and without much oil, and a near obsession with the fermented vegetable kimchi.

Much of the food that exists in Korea today and the customs surrounding it have come from royal cuisine and the complex customs of the ancient court. The food is a study in balance with careful consideration given to temperature, spiciness, color and texture along with considered presentation.

With generous support from CDPHP, please join a Chef from Sunhee's Farm and Kitchen, and Jennifer Zhao, Executive Director of the International Center of the Capital Region for a class entitled “Farm Fresh Korean Cuisine” on Thursday, May 12 from 11:00 a.m. to 12:00 Noon at King Thiel Senior Community, 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





## Calling All CSSC Cornhole Players!

CSSC is looking for seniors to join our cornhole team to compete in the Humana Cornhole Tournament at Colonie Center. On Thursdays from 1:00 – 5:00 p.m., throughout the month of April, seniors from around the Capital Region will compete to see who is the championship team. Door prizes will be available and all participants will receive a t-shirt.

For more information contact Louis at 518-459-2857, ext. 340.

**Humana**



## According to Sharon, CSSC's Umbrella Coordinator

Protect the investment in your home by finding the perfect home improvement project. Many homeowners feel the need to make adjustments to their homes after the harsh winter. Let us help you.

As an Umbrella member, you have access to dozens of vetted handy people and local contractors to assist you with your wish list.

For further information on Umbrella call Sharon at 518-459-2857 ext. 302 or email [sherald@colonieseniors.org](mailto:sherald@colonieseniors.org).

## Defensive Driving Classes

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

- 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.

Proof of vaccination required to attend.

## Thank You, Thank You, Thank You... for Your Recent Generosity

- Lynn Rondeau for your generous donation to CSSC.
- MVP for committing to underwrite our transportation initiatives under **THE CENTER.**



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

### May's Outing – Korean Anyone?

Join Diane on her next scheduled international dining excursion to Sunhee's Farm & Kitchen, 95-97 Ferry Street in Troy on Tuesday, May 17, 2021.

The name "Sunhee's" is derived from the combination of the ends of the chefs' Korean names, Sun Hwa and Chun Hee. Just as the namesake draws upon each individual to create a single entity, Sun Hwa and Chun Hee's passion for food and complimentary styles come together to form an impeccable partnership in the kitchen. Having immigrated separately to the US in 1993, Sun Hwa and Chun Hee share in more than 30 years of cooking experience.

The cost of the meal is \$34. Space is limited and registration is required. CSSC Transportation Services are available to those who are unable to drive themselves. Please call Louis at 518-459-2857 ext. 340 for additional information or to reserve your spot.



Photography by elizabeth pedinotti haynes

## Forever Young Singers

Do you like to sing? If so, there is a fantastic opportunity on the horizon! On April 7, the Forever Young Choir is being reorganized under the leadership of Jeff and Crystal Moore of Peak Music. You don't have to be an experienced singer to join. In fact, the choir will spend the first few months choosing songs, strengthening our voices, and improving our pitch matching skills.

If you want to have fun and are ready to work on improving your voice, this is the choir for you! The first meeting will be on Thursday, April 7 at 1 p.m. to 2 p.m. in the Lakeview Room at The Beltrone Living Center.



## Mark Your Calendar – Future Musical Offerings

With generous support from the Albany Musicians' Association Local 14 and Organize Senior Moves. CSSC is thrilled to announce a three-week concert series that will take place at the south-end gazebo at The Beltrone Living Center on three consecutive Mondays in July starting at 6:00 p.m.

### They are as follows:

July 11, Standard Time Trio  
July 18, Roben and Kosek  
Jazz and Blues  
July 25, Band of Gold

### Concert Series Sponsors

**Albany  
Musicians'  
Association**



## Bright Horizons Adult Day Services

The Bright Horizons Adult Day Social Program provides a safe place for loved ones who need a supportive environment during the day and respite for their caregivers. Bright Horizons partners with families to offer a program that includes companionship, hot meals, exercise, recreation, and socialization. Bright Horizons also offers a virtual option to join our program two days a week and trained adult day social respite volunteers to provide programming in the home. These later options for adult day service were added during the pandemic. Bright Horizons has provided more than 14,000 hours a year of respite to caregivers throughout the Capital Region.

Bright Horizons program activities include music therapy, pet therapy, Tai Chi, giant crossword puzzles, memory/trivia games, word games, arts and crafts, discussion groups, flower arranging, field trips, virtual travel, storytelling, baking group and a walking group. Activities vary based on the interests of the members. We are committed to continue our mission of providing quality adult day services to seniors within the Capital Region.

Let us assist you and your loved one today. If you would like more information about our Bright Horizons program please contact Sue Napierski at (518) 459-7967 or [snapierski@colonieseniors.org](mailto:snapierski@colonieseniors.org).

## A Prayer for the Caregiver

By: Bruce McIntyre

*Unknown and often unnoticed, you are a hero nonetheless.  
For you love, sacrificial, is God at his best.  
You walk by faith in the darkness of the great unknown,  
And your courage, even in weakness, gives life to your beloved.  
You hold shaking hands and provide the ultimate care:  
Your presence, the knowing, that you are simply there.  
You rise to face the giant of disease and despair,  
It is your finest hour, though you may be unaware.  
You are resilient, amazing and beauty unexcelled,  
You are the caregiver and you have done well!*

## Italian Night with The Good Times Band

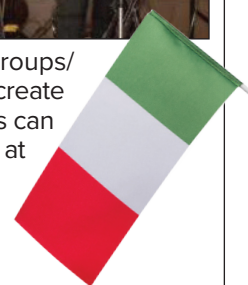
Join us on Friday, May 20 for our third free community concert in a four-part series entitled World Concert Series – Music for the Ages. May is dedicated to Italian music, culture and cuisine.

Formed forty years ago, The Good Times Band with members John Rizzo on guitar, Nick Rizzo on base and Todd Sardella on keyboard and vocals know all the pop and classic Italian tunes. All originally from Schenectady and related to one another, John explained that their music is as important to them as their family.

This event is possible with the generous support from the New York State Council on the Arts and the Arts Center for the Capital Region. Weather permitting, the concert will be held in the south-end gazebo/lawn at The Beltrone Living Center. If prohibited by weather, the concert 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 to groups/clubs associated with the group. Our goal is to create a safe, festive, welcoming venue that individuals can appreciate live local musical talent. Doors open at 5:00 p.m. music at 6:00 p.m.

For questions or additional information, please call Louis at 518-459-2857 ext. 340.





## Local Bounty Gift Baskets are Back

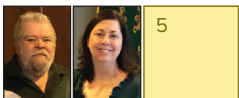
Just in Time for Easter and Mother's Day, give that Special Someone a Local Bounty Basket.

Sugar and Spice and everything nice... look no further for the perfect gift to give that special someone this spring. Colonie Senior Service Centers is once again offering our popular Local Bounty Baskets themed for this time of year.

From Monday, April 18 until Friday, May 6, call Sharon at 518-459-2857 ext. 302 or email her at [sherald@colonieseniors.org](mailto:sherald@colonieseniors.org) to order baskets. Every basket will contain an array of local products that represent the quality and a wide variety of items locally produced such as jams/jellies, roasted nuts, cheese, kitchen and garden ware. The baskets are beautifully wrapped and can be delivered free of charge within a five mile radius of The Beltrone Living Center. Prices start at \$35 plus tax.

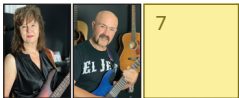


## Mark Your Calendar ...



5

**April 5, 11:00 a.m.,**  
Healthy Irish Cooking Class at  
King Thiel Senior Community



7

**April 7, 1:00 – 2:00 p.m.,**  
Forever Young Singers at  
The Beltrone Living Center



7

**April 7, 4:00 – 5:00 p.m.,**  
April's Community Drive  
Thru Dinner The Beltrone  
Living Center



26

**April 26, IDC to Rudy's V&R,**  
(bus leaves The Beltrone Living  
Center at 4:00 p.m.)



29

**April 29, 6:00 p.m.,**  
Fritz's Polka Band at  
The Beltrone Living Center



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

### OPEN HOUSE!

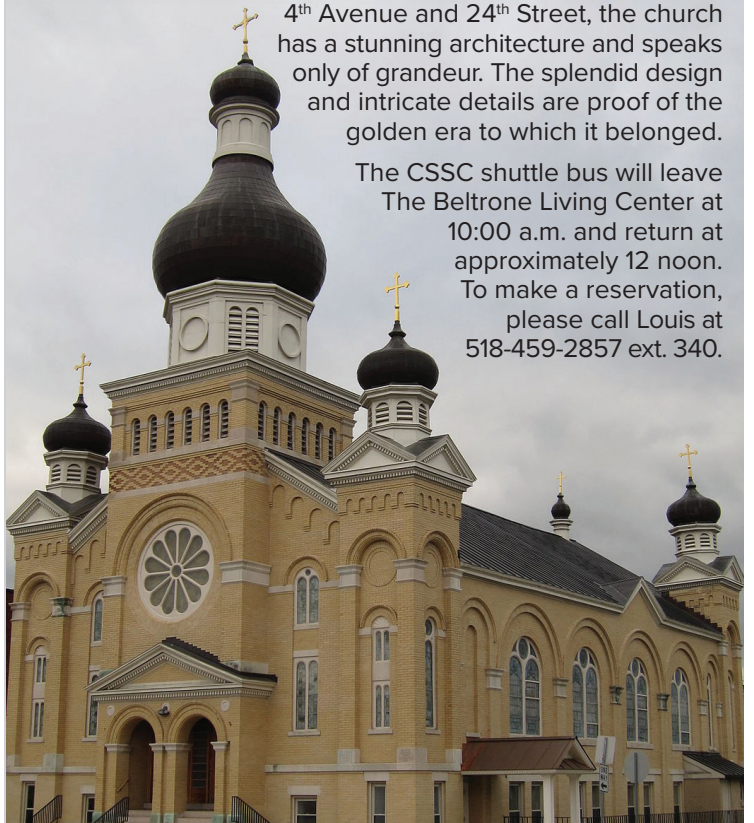
The Beltrone Living Center has scheduled their spring open house for Saturday, May 14 from 10:00 a.m. – 1:00 p.m. Come tour one of our region's premiere independent senior 55+ living communities. Adjacent to the Crossings Park of Colonie, The Beltrone is about affordability, a multitude of on-going planned 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.

## Sacred Spaces – St. Nicholas Ukrainian Catholic Church

The journey continues on Wednesday, April 27, as we visit another area sacred space. Join Diane Conroy-LaCivita as she travels to St. Nicholas Ukrainian Catholic Church in downtown Watervliet.

St. Nicholas Ukrainian Catholic Church is a magnificent church building established in 1906. It displays the Romanesque style of architecture designed by noted architects Bernhardt and Noack. Located at the junction of 4<sup>th</sup> Avenue and 24<sup>th</sup> Street, the church has a stunning architecture and speaks only of grandeur. The splendid design and intricate details are proof of the golden era to which it belonged.

The CSSC shuttle bus will leave The Beltrone Living Center at 10:00 a.m. and return at approximately 12 noon. To make a reservation, please call Louis at 518-459-2857 ext. 340.







## April's Community Drive Thru Dinner

Thursday, April 7, from 4:00 p.m. to 5:00 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



## May's Community Drive Thru Dinner

Friday, May 13, from 4:00 p.m. to 5:00 p.m.  
"Cruising to the Islands"

### Menu

- Bermudian Fish Chowder with Black Rum
- Arugula Salad with Cucumbers and Dill with White Balsamic Vinaigrette
- Roasted Chicken with Mango Sauce
- Rice & Peas, Spinach
- Key Lime Pie

These wonderful drive thru meals are 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.

## We Need You to Be Part of History – Volunteer to Be Part of a Pictorial/Oral History Exhibit

Colonie Senior Service Centers was recently awarded a grant to implement a wonderfully timely project entitled "A Moment in Time – What are you looking forward to?"

This basis for the proposed pictorial exhibit is simple. Realizing how detrimental and isolating the COVID-19 pandemic has been to everyone throughout the Capital Region, this project, with a committed team of photographers, oral historians and makeup artists, along with CSSC staff, is intended to capture and highlight the insight and hope from our seniors for the future. We believe that those who participate in this project as well as those who view the exhibit will be inspired.



We are looking for volunteer seniors from the community who will allow to be photographed and briefly interviewed so that we may capture that moment in time. The question that will be posed in the interview is "What are you looking forward to?" From these interviews, an exhibit will be created and displayed both hard copy as well as electronically.

CSSC plans on scheduling approximately ten sessions over the next several months at different locations throughout the community at such locations as churches, senior centers, historic sites and libraries to photograph and interview participants. If you or your group is interested in learning more about this project, please call Diane at 518-459-2857 ext. 305.

*This project is made possible with funds from the Decentralization Program, a recent program of the New York State Council on the Arts with the support of The Governor and the New York State Legislature and administered by The Arts Center of the Capital Region.*

**For more information,  
please call Louis at  
518-459-2857 ext. 340.**



## Senior Dining Program

### April Senior Dining

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 Lunch:

**April 8 at noon.** Come hear Joe Gorman play guitar and sing fun favorites. Lunch will be Pasta Fagioli, Spinach Salad, Pears and Sherbet. Suggested contribution of \$3 for lunch and \$3 for entertainment.

### Special Dinner:

**April 18 at 5 p.m.** The Forgettable Four will lead us in a fun evening of beautiful harmonies and uplifting voices. Baked Ham, Scalloped Potatoes, Asparagus and Lemon Cake will be served. Suggested contribution of \$3 for lunch and \$3 for entertainment.

### Lunch and Learns:

**April 13 at noon.** Cooking Demonstration with Chef Brayden: Come hear Chef Brayden Bennison talk about Greek flavors as he prepares classic Greek Lemon and Oregano Potatoes. It's a perfect dish to accompany Easter meat dishes. Reservations required.

### April 2022 Menu Menu items are subject to change

4/1	Meat Lasagna	4/19	Swedish Meatballs
4/4	Macaroni & Cheese	4/20	Greek Chicken
4/5	Shepherd's Pie	4/21	Eggplant Parm
4/6	Stuffed Pepper	4/22	Salmon Cakes
4/7	Scallop Potatoes w/ Ham	4/25	Meatloaf & Mashed Potatoes
4/8	Pasta Fagioli w/ Sausage	4/26	Vegetable Pizza
4/11	Apricot Chicken	4/27	Pineapple Shrimp Stir Fry
4/12	Philly Cheesesteak	4/28	Italian Sausage Sandwich
4/13	Beef Stew	4/29	Chicken and Waffles
4/14	Baked Cod	For special events, suggested contribution of \$3 for the meal and \$3 for entertainment.	
4/15	Chicken Parm Sandwich		
4/18	Chicken Cacciatore		
4/18	Special Dinner: Baked Ham		

**April 15 at noon.** Come about the International Center of the Capital Region, a not-for-profit organization. The ICCR has been welcoming and assisting international newcomers throughout New York's Capital Region since 1956. Learn about what they do as an organization, this year's new initiatives, as well as how people can get involved. Lunch will be a Chicken Parm Sandwich, Green Salad and a Cookie.

**April 28 at noon.** Assemblymember John McDonald speaks about how to take medications safely, how to dispose of medications responsibly, and will take questions about prescription medications and your health. He will bring a receptacle for medication disposal. Lunch will be Italian Sausage Sandwich with Peppers and Onions, Broccoli, and Ice Cream.

## Mother's Day Fashion Show and Luncheon

### Fashion Show benefits Colonie Senior Service Centers, Inc. Transportation Services

Please join Colonie Senior Service Centers (CSSC) on Friday, May 6, 2022, from 11:30 a.m. to 1:30 p.m., as we host our 24<sup>th</sup> Annual Mother's Day Fashion Show and Luncheon in the Lakeview Room at The Beltrone Living Center. This event has become an annual tradition for CSSC to celebrate our wonderful mothers, grandmothers, great-grandmothers, daughters, granddaughters, and friends just in time for Mother's Day. Local models will be wearing the latest spring and summer fashions supplied by Chico's in Stuyvesant Plaza; and officers from the Town of Colonie Police Department will serve as escorts for our models. Music for the event will be provided by DJ Joe Glickman. A delicious lunch, prepared by Mazzone Hospitality, will be served as you watch the fashion show and attendees will be able to take part in the raffle featuring many enticing items.

Proceeds from the Mother's Day Fashion Show and Lunch will benefit CSSC's Transportation Services, which provides transportation to seniors in the Town of Colonie and Albany County so they may age in place in the community they choose to live.

Thank you to CDPHP for again being the Presenting Sponsor of the Mother's Day Fashion Show and Luncheon. Additional sponsors currently include: Marquis Certified Home Care, Landmark Health, Residences at The Crossings, and Goldstein Auto Group.

For more information on how to become a sponsor or to purchase tickets visit [www.colonieseniors.org](http://www.colonieseniors.org) or contact Laurie Miedema at 518-459-2857 ext. 304 or [Lmiedema@colonieseniors.org](mailto:Lmiedema@colonieseniors.org).



## 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

### Executive Director

Diane Conroy-LaCivita  
dconroylacivita@colonieseniors.org  
518-459-2857, ext. 305

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Colonie 518-459-7967

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518-704-4267

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### RSVP and Volunteer Coordinator

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### Tool Box

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518-608-4758

### Transportation Services

Don Anderson, Director  
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To Schedule a Ride: 518-459-6064

### Umbrella of Colonie

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518-459-2857, ext. 311

### The Beltrone Living Center

Debbie McClune, Site Manager  
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518-459-2711

### King Thiel Senior Community and Sheehy Manor

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King Thiel: 518-429-6292  
Sheehy Manor: 518-782-2350

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

NON-PROFIT  
ORGANIZATION  
U.S. Postage Paid  
Albany, N.Y.  
Permit No. 74

# HANDY PERSON NEEDED!

## REWARDING AND GET PAID!

Umbrella of Colonie,  
a program of  
Colonie Senior Service Centers,  
CSSC connects senior  
homeowners with retired  
handy men and women  
who help perform  
simple home repairs  
at a reasonable cost.

Call Umbrella of Colonie  
at 518-459-2857 ext. 302  
or email

sherald@colonieseniors.org



**Salvatore R. and Anna E. Beltrone Golf Classic**  
**Schuyler Meadows Club**  
**Monday, September 12, 2022**  
**11:00 A.M. – 6:30 P.M.**  
**Shotgun Start**

Help to serve the needs of seniors and their families  
while playing golf at Schuyler Meadows Club.  
The Beltrone Golf Classic traditionally sells out and the  
proceeds benefit CSSC's Transportation Services.

Contact Laurie Miedema for more  
information at 518-459-2857 ext. 304 or by  
email at lmiedema@colonieseniors.org