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 or call 518-459-2857, ext. 327 for the latest THE CENTER catalog.
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.
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.

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 vacination 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.

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.

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.
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.

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.

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!

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

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 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.

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 4th Avenue and 24th 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.

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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.

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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.
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

| 4/1  | Meat Lasagna                        |
| 4/4  | Macaroni & Cheese                   |
| 4/5  | Shepherd’s Pie                      |
| 4/6  | Stuffed Pepper                      |
| 4/7  | Scallop Potatoes w/ Ham             |
| 4/8  | Pasta Fagioli w/ Sausage            |
| 4/11 | Apricot Chicken                     |
| 4/12 | Philly Cheesestake                  |
| 4/13 | Beef Stew                           |
| 4/14 | Baked Cod                           |
| 4/15 | Chicken Parm Sandwich               |
| 4/18 | Chicken Parmesan                    |
| 4/19 | Swedish Meatballs                   |
| 4/20 | Greek Chicken                       |
| 4/21 | Eggplant Parm                       |
| 4/22 | Salmon Cakes                        |
| 4/25 | Meatloaf & Mashed Potatoes          |
| 4/26 | Vegetable Pizza                     |
| 4/27 | Pineapple Shrimp Stir Fry           |
| 4/28 | Italian Sausage Sandwich            |
| 4/29 | Chicken and Waffles                  |

For special events, suggested contribution of $3 for the meal and $3 for entertainment.

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 24th 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 or contact Laurie Miedema at 518-459-2857 ext. 304 or 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
Administrative Operations and HR
Carol Ripley, Director
cripley@colonieseniors.org
518-459-2857, ext. 310
Bright Horizons
Susan Napierski, Director
snapierski@colonieseniors.org
518-459-2857, ext. 322
Colonie 518-459-7967
Community Relations
Jessica Flynn, Director
jflynncolonieseniors.org
518-704-4267
Development
Laurie Miedema, Director
lmiedema@colonieseniors.org
518-459-2857, ext. 304
Driver Fitness Center
Roger Dames, Coordinator
rdames@colonieseniors.org
518-459-2857, ext. 326
Finance
Andrew C. Koenig, CPA, Director
akoening@colonieseniors.org
518-459-2857, ext. 306
Lifelong Wellness
Caroline Barrett, Director
cbarrett@colonieseniors.org
518-459-2857, ext. 327
RSVP and Volunteer Coordinator
Kristin Vivian, Director
kvivian@colonieseniors.org
518-459-2857, ext. 308
Tool Box
Leonard G. St. Gelais, Coordinator
lstgelais@colonieseniors.org
518-608-4758
Transportation Services
Don Anderson, Director
danderson@colonieseniors.org
518-459-2857, ext. 301
To Schedule a Ride: 518-459-6064
Umbrella of Colonie
Sharon Herald, Coordinator
sherald@colonieseniors.org
518-459-2857, ext. 311
The Beltrone Living Center
Debbie McClune, Site Manager
dmcclune@colonieseniors.org
518-459-2791
King Thiel Senior Community and Sheehy Manor
Aimee Richardson, Site Manager
archardson@colonieseniors.org
King Thiel: 518-429-6292
Sheehy Manor: 518-782-2350
Media and Communications
Michael DiGiuseppe, Specialist
mdiuseppe@colonieseniors.org
518-459-2857, ext. 337

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

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

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