

Mother's Day Fashion Show and Luncheon

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

Scenes from last year's Holiday Themed Fashion Show



Your Donations and Support in Action

Welcoming Back CSSC's Annual Mother's Day Fashion Show and Luncheon on Friday, May 6.

While Colonie Senior Service Centers, Inc. strives to make all our annual fundraisers enjoyable and entertaining, we rely on the monies raised at our events through corporate sponsorships and ticket sales to help fund our day-to-day programs and services that support seniors in our community. For example, as our community is returning to a sense of normalcy, CSSC's Transportation Services have never been so vital assisting seniors with re-engaging.

Now in its 24th year, the excitement is growing as we can once again honor our grandmothers, mothers, and daughters at the CSSC's Annual Mother's Day Fashion Show and Luncheon during the month of May. This year's event will be held on Friday, May 6th, from 11:30 a.m. to 1:30 p.m. in the Lakeview Room at The Beltrone Living Center. We are thrilled to have Chris Onorato, from NewsChannel 13 joining us as the Fashion Show Emcee. Our wonderful models will be wearing the latest fashions from Chico's and escorted by members of the Town of Colonie Police Department.

Each year proceeds from the Mother's Day Fashion Show and Luncheon go towards CSSC's Transportation Services as we transport seniors to medical appointments, shopping centers, volunteer opportunities as well as social, cultural, educational, and religious events. Remember, when you then see one of CSSC's vehicles transporting seniors throughout the Capital Region, you see your donation in action. Your donation to the Fashion Show keeps CSSC buses on the road and transporting seniors throughout the Capital Region.

Thank you to this year's generous sponsors of the Fashion Show:



For information on how to become more involved with CSSC special events or to purchase Fashion Show tickets, please contact me at 518-459-2857 ext. 304 or email Lmiedema@colonieseniors.org.

As always thank you for your support and I look forward to seeing you on May 6, 2022.

Laurie Miedema
CSSC Development Director



Message from the Executive Director



Happy May!

May 1 – May Day

May 5 – Cinco de Mayo

May 6 – CSSC's Mother's Day Fashion Show and Luncheon

May 8 – Mother's Day

May 14 – The Beltrone Living Center's Annual Open House

May 30 – Memorial Day

Connecting to Joy

When it all gets to be too much and I feel somewhat defeated but still need something to do even when there is absolutely nothing I can do, I generally make my way to the kitchen. For me, baking and cooking allows for comfort and creativity; and the reward is when something comes out better than you anticipate and are able to share with others.

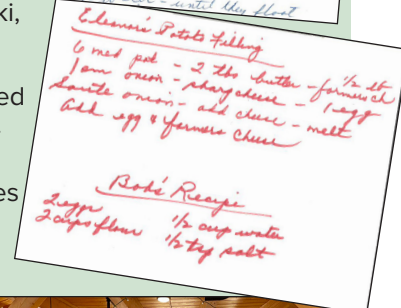
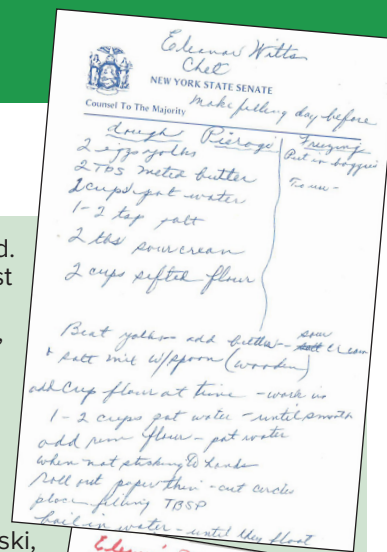
Some of my earliest memories are being in the kitchen watching my mother as she busied herself preparing. She loved to entertain whether for a birthday, holiday, open house, card party or backyard gathering. Additionally, she honored her culture and expressed her love for family and friends through her cooking. At least twice a year, we made pierogies and Golabki. As I grew and started a family of my own, I began to understand the importance of food and respect of culture. I realize that what many of us yearn for is a strong and supportive community, like our parents and grandparents used to have often involving large

gatherings and delicious food. (Worth noting, one of my most cherished possessions is a pierogi recipe of my mother's, written in her beautiful Palmer-method handwriting.)

Recently, we traveled to King Arthur Baking Company in Norfolk, Vermont to take a bread baking course with local Pastry Chef Joan Debinski, who turned 85 years young in April. It was an absolute joy to sit next to a pro as we continued to learn in a classroom setting.

All of us at Colonie Senior Service Centers pride ourselves in going the extra mile to help older adults and their families with creating a sense of community and encouragement. Please plan on participating in our upcoming activities and events. Our senior centers offer such a wide variety to choose from. We are here for you.

Happy Mother's Day!
– Diane Conroy-LaCivita



German Night with Accord-A-Tones

Join us on Thursday, June 9 at 6:00 PM for our fourth free community concert in a four-part-series entitled World Concert Series – Music for the Ages. June is dedicated to German music, culture and cuisine.

We will be entertained by the Accord-A-Tones, Becky and Herb Liebenhagen of Cohoes, a husband and wife team who play authentic International music, specializing in German Folk Music.

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 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 ethnic group. Our goal is to create a safe, festive, welcoming venue that individuals can appreciate, love, local musical talent. Doors open at 5:00 p.m., music at 6:00 p.m.

For questions or additional information, please call Diane at 518-459-2857 ext. 305.



Young Performers from Redemption Church Coming to CSSC



Those who were able to attend March's CSSC Sacred Space outing to the Redemption Church located at 1511 Sixth Avenue in Watervliet bear witness to the incredible musical performance the group was afforded during our visit by a group of youngsters who attend the Redemption Christian Academy (RCA). Many of these young musicians are self-taught and use no sheet music, learning to play by watching YouTube videos during the pandemic.

Now the group is coming to The Beltrone Living Center and will perform during our community/congregate lunch on Tuesday, May 3. Additionally, known for their delicious baked goods with a kiosk in Colonie Center, the Church will be selling their tasty treats prior to lunch starting at 11:00 a.m. If you plan on attending, please make sure you make a lunch reservation.

Defensive Driving Classes

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

- **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.

Welcome Back

CSSC is thrilled to have Kristin Vivian return to our staff. After a five year pause, Kristin has come back as our RSVP Director and Volunteer Coordinator. We so look forward to future volunteer recruitment activities.

If you are interested in possibly volunteering, please give Kristin a call at 518-459-2857 ext. 308.

Active RSVP Volunteers Save the Date!

RSVP Volunteer
Appreciation Luncheon
Wednesday, June 29, 2022
11:00 a.m. to 1:30 p.m.

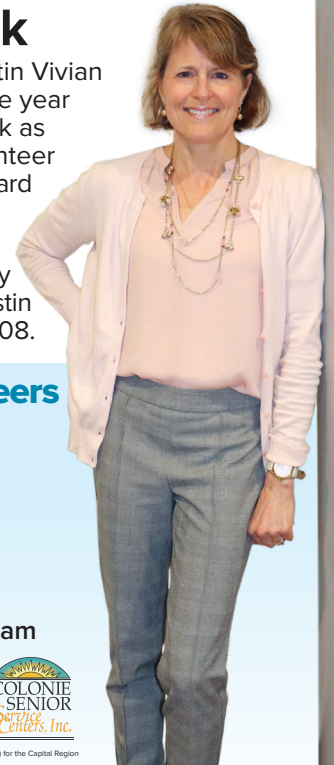
The Hangar at 743
743 Albany Shaker Rd, Latham



**AmeriCorps
Seniors**



Colonie Senior Service Centers, Inc. is the grantee of Retired Senior Volunteer Program (RSVP) for the Capital Region



CSSC's Overall Project at King Thiel Senior Community helps sustain the Small Business Community

As reported in a recent local newspaper article, a dozen small businesses in Colonie were awarded grants by the Colonie Local Development Corporation (LDC) to help out with lingering financial problems caused by COVID-19 pandemic In 2020. The article goes on to say, "Funding for this (grant) program comes from the project fees that the Colonie Local Development Corporation receives when assisting not-for-profit entities with issuing bonds to reduce the cost of a project. Some project examples include the issuance of bonds to finance the construction of senior housing at King Thiel Senior Community..."

Colonie Senior Service Centers is thrilled to know that our investment in the Town of Colonie for independent affordable senior housing has also provided financial assistance to small businesses within the Town as well as the opportunity for seniors to afford to stay in our community!

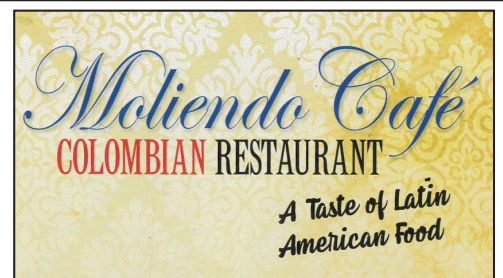
CSSC's International Diners Club – For the Love of Food

June's Outing – Colombian Anyone?

Join Diane on her next scheduled international excursion to Moliendo Café, 791 Madison Avenue in Albany on Wednesday, June 1 at 4:30 p.m. (CSSC bus will be leaving by 4:00 p.m.)

Humble and brightly lit, Moliendo Café feels as warm and welcoming as their traditional Colombian cooking. Owner Diane Murcia, a native of Medellin, Colombia, opened the restaurant in 2017 which is known for its delicious ethnic Colombian menu complete with soups, cheese breads and empanadas (soups are integral to Colombian cuisine).

The cost of the meal is \$30. Attendees will be ordering off a specially chosen event menu which will include a choice of beverage, appetizer, entrée and dessert. 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.



Bright Horizons Adult Day Services is Up and Running

Providing respite for caregivers as well as a social adult day program for older adults, Bright Horizons Adult Day Services, located at The Beltrone Living Center, is offering an active full day program with meals five days a week (Monday thru Friday). If you know of someone who would benefit from Bright Horizons, please call 518-459-7967.

- 1 Members playing Happy Birthday Jingo to celebrate April Birthdays.
- 2 Meet our new Bright Horizons' therapy dog Okie with her owner Meaghan. Meaghan is an intern through Siena College.
- 3 Members having a Drumming Session.



NYS WINE 101 – Learn about the Best NYS has to offer

Join Abby from SABBA Vineyards in the community room at King Thiel Senior Community on Thursday, June 9 at 11:00 a.m. for a class entitled NYS WINE 101. Established in 2012, SABBA Vineyard is a small family-run vineyard in New York State's Hudson Valley. They are both sculptors and winemakers. Their dedication to the art of sculpting, growing the best grapes and making the most delicious wine is born out of our love for the beauty it brings to our cherished land and the joy of sharing fine award-winning wine with friends and family.

Attendees will be presented with a flight of wines for tasting that demonstrate the variety of varietals produced at SABBA Vineyards. Abby's wines will be paired with cheeses produced by Sean O'Connor of R&G Cheesemakers in Troy.

There is a \$5 to attend and registration is required. For further information or to register, please call Diane at 518-459-2857 ext. 305.



SAVE THE DATE for Summerfest and Active Aging Fair

Fun for the Whole Family! Bring Lawn Chairs!

Monday, June 20th from 2 p.m. – 6 p.m.
Featuring live music from Don Kelly, Donny Elvis and CSSC's Forever Young Singers

Admission is FREE. For Information or to register for the duck derby call Louis at 518-459-2857 ext. 340 or email llacivita@colonieseniors.org.

SUMMERFEST SPONSORS

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Centers Health Care

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CaptionCall phone service

Patron Sponsor
Aetna Medicare Solutions

Tool Thrift Store

The Tool Box, primarily run by many of our RSVP (Retired Senior Volunteer Program) volunteers, resells gently used tools with all proceeds benefiting seniors in the community through our Umbrella of Colonie Home Maintenance Program.

The Tool Box sells hand/power tools, hardware, gardening tools (hand/electric), automotive items, woodworking, plumbing, electrical and more! Missing a socket or other tool from your set? You never know what you might find for sale at the Tool Box. It is very possible we have what you're missing!

Avoid the big chain stores and give the Tool Box a try. It will probably save you time and money.

Think of us when you are spring cleaning.

The Tool Box, located at 143 Troy-Schenectady Road (Hill Top Plaza), is open Tuesday through Saturday from 10:00 AM to 2:00 PM. For additional information or questions, please call 518-608-4758.

Selling, moving or downsizing your home? You can help seniors in your community by donating your gently-used tools to the Tool Box.



Thank you for Your Leadership and Dedication

Each May, the Board of Directors of Colonie Senior Service Centers holds the organization's Annual Meeting. We want to thank Board President Christina Meier, Esq. and Vice President Willis Reed for their incredible years of service to the organization. "Your many years of service are a true testimony of your dedication to the organization, and you are truly valued for your contributions."



Thank you GOLDSTEIN! AUTO GROUP

Colonie Senior Service Centers received a large donation of beautiful furniture recently from the Goldstein Automotive Group which has been placed in The Beltrone Living Center. We so appreciate their generosity and dedication to our seniors.

A-ticket, A-tasket, 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.



Mark Your Calendar ...

- May 6** Mother's Day Fashion Show and Luncheon
- May 11** Defensive Driving
- May 12** Farm Fresh Korean Cuisine cooking class
- May 13** May's Community Drive Thru Dinner
- May 17** May's IDC – Korean Anyone?
- May 20** Italian Night with the Good Times Band
- May 24** Defensive Driving



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.

THE CENTER at CSSC Teaming Up with Pruyn House for Global Wellness Day

Please join THE CENTER at CSSC on Sunday, June 12 from 12:00 Noon to 3:00 p.m. as we participate in the Pruyn House's Global Wellness Day on the grounds of the beautiful historic site located 207 Old Niskayuna Road in Latham. The event is free and open to the public with many demonstrations and vendors.

The main aims of the day are:

- To recognize the value of our lives
- To pause and think, even if for just one day of the year
- To be free from the stress of everyday city life and bad habits
- To make peace with ourselves
- To raise awareness about living well and increase motivation, not just for today, but for the remaining 364 days of the year

First celebrated in 2012, Global Wellness Day was established in Turkey as the "first" day dedicated to living well, and has now been accepted worldwide.

Hope to see you there! For questions and additional information, please call the Pruyn House at 518-783-1435.

Forever Young Up and Running

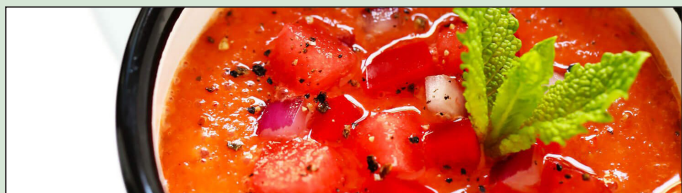
"Do-Re-Mi-Fa-So-La-Ti-Do"

Crystal and Jeff Moore of Peak Music hold practice for the Forever Young Singers each and every Thursday at 1:00 P.M. in the Lakeview Room at The Beltrone Living Center. If you want to have fun and are ready to work on improving your voice, this is the group for you. No previous singing experience required and all are welcome regardless of residency.



Forever Young Singers
is sponsored by





June's Community Drive Thru Dinner for Flag Day

Tuesday, June 14, 4:00 p.m. to 5:00 p.m.

Menu

- Watermelon Gazpacho
- Grilled Asparagus Salad w/Arugula and Honey Apricot Dressing
- BBQ chicken dinner w/corn bread, baked beans and potato salad
- Chocolate Strawberry Trifle

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.

Prizes, Prizes, Prizes

Like us on our Facebook page and win fabulous prizes. On each Friday in May, CSSC will post a trivia question on our FaceBook page. The first three people who answer correctly on our page will win a prize.

<https://www.facebook.com/ColonieSeniors>



In The Weeds By Kevin B. Costello, M.D.

On those occasions that I find myself in the grocery store checkout line, almost always, it seems, behind someone having coupon or price check issues, I often pass the time perusing the teaser lines of the magazines and tabloids on the impulse shopping rack. One popular phrase that has puzzled me since the time I was a medical student is "... - what your doctor doesn't want you to know!" It seems to appeal to our inner naughty child, as in "The truth about Santa Claus – what your parents don't want you to know!" Perhaps the notion hearkens back to a time when the doctor-patient relationship was more paternalistic than the shared decision-making partnership that we hold ideal today. I'm less concerned about the information my patients have than I am about the quality of the sources of that information. Hemp and marijuana products are a hot topic in the health information marketplace where I find myself scrambling to keep up with emerging knowledge and legislation.



Hemp and marijuana are strains of the same plant species, *Cannabis sativa*. Hemp is the hard worker of the family, used in the production of paper, rope, textiles, food, nutritional supplements, and pharmaceuticals, especially cannabidiol (CBD). Marijuana is better known for its psychoactive properties, imparted by its much higher levels of the compound tetrahydrocannabinol (THC). THC and CBD are perhaps the two best known from the families of many compounds found in the plants of this species. Many are known to interact with a pathway in the human nervous system, the endocannabinoid system (ECS), to produce a variety of effects, from the alteration of mood and perception to the experience of pain, to the control of some forms of epilepsy, even treatment of addiction. So called "medical marijuana" generally refers to legally sanctioned products of the marijuana plant rich in THC for which there are designated eligible conditions, authorized prescribers, and regulated dispensaries.

Hemp oil and CBD from the hemp plant have little or no THC but contain cannabinoids and other substances that exert effects through the endocannabinoid system. While these products are regulated to contain no more than 3.5% THC, there are no established standards for what the various preparations contain, including contaminants such as pesticides. The New York State Office of Cannabis Management advises purchasers of these products to look for package labeling with information regarding cannabinoid, CBD, and THC content, other ingredients and nutritional facts, testing by a third-party laboratory, suggested use and serving size, batch or lot number, and the name of the manufacturer. While there is little evidence to support the use of CBD and other non-THC cannabinoids for specific health problems, this is more the result of lack of clinical study thus far than to lack of finding of benefit. The potential benefits of CBD and other cannabinoids have a basis in ECS pharmacology, and our understanding of that has been growing over the past 30 years. Current research seeks to build a bridge between theory and therapy through clinical trials. Stay tuned!

Kevin B. Costello, M.D., is an Internist and Geriatrician at Albany Medical Center, Albany, NY.

Dr. Costello also serves on the Board of Directors of Colonie Senior Service Centers, Inc.

REFERENCES:

DynaMed [Internet]. Ipswich (MA): EBSCO Information Services. 1995 - Record No. T1588959194793, Management of Chronic Pain; [updated 2022 Mar 15, cited April 11, 2022. Available from <https://www.dynamed.com/topics/dmp?AN~T1588959194793>. Registration and login required.

Office of Cannabis Management. (n.d.). Office of Cannabis Management. Retrieved April 11, 2022, from <https://cannabis.ny.gov/>

VanDolah, H. J., Bauer, B. A., & Mauck, K. F. (2019). Clinicians' Guide to Cannabidiol and Hemp Oils. *Mayo Clinic Proceedings*, 94(9), 1840–1851. <https://doi.org/10.1016/j.mayocp.2019.01.003>

Senior Dining Program

May 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.

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.

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

May 13 at Noon, Special Lunch: Along with some original songs, Michael Miner will share songs from artists like The Beatles, Garth Brooks, Billy Joel, John Denver, Frank Sinatra, Elvis and more. Come sing along to country music, rock-n-roll and folk songs from the 50's & 60's through today's music. Lunch will be summer minestrone, turkey sandwich, fruit cup and a cookie.

May 16 at 5 p.m., Special Dinner: Albany Dancesport will return for a special evening of music and dance! Watch beautifully dressed dancers from around the globe perform timeless classics from their home countries. Sit back and watch, or join in on the fun. Dinner will be Meatloaf, mashed potatoes, carrots and cheesecake with strawberries.

Lunch and Learn May 17 at noon: You've heard about CBD and all of its benefits, but what really is it? Come hear

May 2022 Menu Menu items are subject to change

5/2	Parmesan Crusted Chicken	5/16	Beef Tips w/ Gravy
5/3	Pulled Pork Sandwich	5/17	Penne Ala Vodka w/ Shrimp
5/4	Chicken Tortellini Salad	5/18	Macaroni & Cheese
5/5	Tomato Herb Quiche	5/19	Philly Cheesesteak
5/6	Salmon Cakes	5/20	Honey Mustard Chicken
5/9	Chicken Pesto Bake	5/23	Chicken Cordon Bleu
5/10	Broccoli Garlic Pizza	5/24	Pot Roast
5/11	Chicken Caesar Salad	5/25	Seafood Mac & Cheese
5/12	Shrimp Scampi	5/26	Cheddar Broccoli Soup and ½ Roast Beef Sandwich
5/13	Summer Minestrone and Turkey Sandwich	5/27	Chinese Chicken Salad
		5/30	Closed

Jennifer Modaffari, licensed CBD seller and expert, on what this natural supplement can do for you. She'll also share information on how to find CBD and what to do with it when you do! Lunch will be penne ala vodka with shrimp, green salad, and ice cream.

Lunch and Learn May 18 at noon: Come hear Dr. Kevin Costello, Geriatric Medicine Specialist, speak about positive aging in the face of a global pandemic. He will talk about the best practices for healthy aging and take questions from the community about general health concerns. Lunch will be macaroni and cheese, white bean salad, broccoli, strawberries and a brownie.

Lunch and Learn May 26 at noon: Sheriff Craig Apple will be here to talk about opiates in our community, his role as Albany County Sheriff, what his department is focusing on, and how the Sheriff's Department serves the public. Lunch will be Broccoli Cheddar Soup, ½ roast beef sandwich, watermelon and a brownie.

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?"**

The 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.



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

THE CENTER is underwritten by:
Transportation Sponsor Programmatic Sponsor



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

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518-608-4758

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518-459-2857, ext. 337



Colonie Senior Service Centers, Inc.

6 Winners Circle

Albany, NY 12205

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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