

## The Beltrone Golf Classic Tees Off to Support Senior Transportation!

The 29<sup>th</sup> Annual Salvatore R. and Anna E. Beltrone Golf Classic returns in full swing on September 12<sup>th</sup>, at the Schuyler Meadows Club in Loudonville. This day brings together a full field of golfers and many golf enthusiasts, all gathering to support Colonie Senior Service Centers, Inc. (CSSC) Transportation Services Program.

Providing seniors transportation has never been more important as many seek to get back to a sense of normalcy. The CSSC's Transportation Services Program enables older adults to get to medical appointments, senior community dining sites, social adult day service programs, volunteer opportunities throughout the Capital Region, the pharmacy, the grocery store, social and life-long learning activities, as well as community and cultural events and run errands. In a typical year, CSSC's Transportation Services Program provides over 25,000 rides throughout the Capital Region to seniors with our fleet of 12 vehicles.

If you would like to support The Beltrone Golf Classic and CSSC's Transportation Services Program, but are not a golfer, we have many opportunities for you:

- Sponsor a Tee Sign
- Purchase an advertisement in The Beltrone Golf Classic Program
- Bid on an item or two in The Beltrone Golf Classic online auction by visiting [www.colonieseniors.org/](http://www.colonieseniors.org/)
- Purchase tickets to The Beltrone Golf Classic Dinner
- Make your donation to The Beltrone Golf Classic which will directly benefit seniors transportation

So, whether you golf or not, supporting The Beltrone Golf Classic is a unique opportunity to support seniors and CSSC's Transportation Services Program. For more information contact Laurie Miedema, CSSC's Development Director, at 518-459-2857 ext. 304 or at [Lmiedema@colonieseniors.org](mailto:Lmiedema@colonieseniors.org).

We are proud to have numerous sponsors (as of August 5, 2022) on board to support senior transportation:

### The Salvatore and Anna Beltrone Family Foundation

#### BBL Construction Services



- Brizzell Flowers
- BST & Co CPAs
- Maloney Family
- MorelliART LLC
- Sherwin-Williams
- WEB Engineering, PC





## Message from the Executive Director

### Happy September! Happy Fall!



**Intergeneration Month**  
**World Alzheimer's Month**  
**September 5 Labor Day**  
**September 9 Emergency Services Day**  
**September 11 Grandparents Day**  
**September 14 National Coloring Day**  
**September 19 – 25**  
**Recycle Awareness Week**  
**September 22 First Day of Autumn**

This summer my husband Joe and I had the incredible opportunity to spend an overnight at the historic Wiawaka on the eastern shore of Lake George. I had visited the site about ten years previous when a friend invited me to tour the restoration work she was doing on one of its historic buildings. Fast forward to 2019 when CSSC began THE CENTER, I knew Wiawaka was one location we had to organize a group visit to which we did earlier this summer.

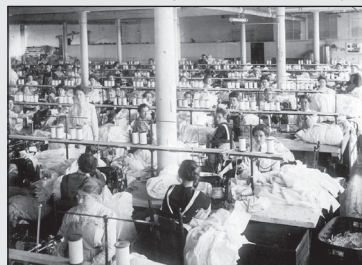
Considered the oldest and longest continuously operating retreat for women in America, Wiawaka was created by the daughter of a wealthy Troy industrialist, Mary Fuller, in 1903. Mary used her position and wealth to help the young female textile workers employed as shirt collar makers, laundresses and millworkers most notably in Troy and Cohoes by providing a reprieve.

At the beginning of the twentieth century, Troy was at the time known as "The City of Women" because so many women were working in the garment industry. Wiawaka made it possible for these women to escape the city and enjoy affordable vacations in Lake George. Room and board for these women cost \$3.50 per week.

In addition to loving history and preservation, Wiawaka holds some personal interest for me as well. You see, my paternal grandmother Catherine, who was born on June 7, 1902 on Mann Avenue in South Troy and only educated until the eighth grade, was one of those garment workers. She did not marry until she was 28 so spent a decade and a half employed in a grueling factory setting. I remember her distinctly reminiscing about her time spent working for Cluett Peabody & Company, a longtime manufacturer of shirts, and detachable shirt cuffs and collars. She shared her memories about the working conditions in the factory, incredible long hours and demanding bosses.



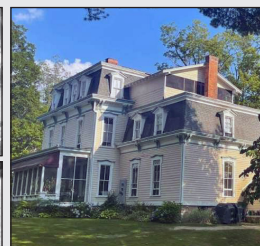
The Troy Cluett, Peabody and Co. factory. The right portion of the building still exists as Hedley Park Place. Courtesy of the collection of the Rensselaer County Historical Society.



Collar workers inside Cluett Peabody & Co., circa 1890.



Women are shown in different stages of shirt preparation at the factory, circa 1930.



Wiawaka Center for Women, A retreat center dedicated to enriching the lives of women

All that reminiscing didn't hit me until I realized while spending time at Wiawaka what these factory women endured. With no voice and very few options, I can only imagine the dreams and hopes unmet. Two generations and a century detached, my conscience was pricked to give proper homage to the strong women who came before me and not to underestimate or undervalue someone's sacrifices made.

We hope to see you at our Labor Day Concert on September 5 and Chefs in Motion on September 19.

Regards,

– Diane Conroy-LaCivita



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

### September's Outing – German anyone?

Join Diane on her next scheduled international excursion to the **German-American Club of Albany**, located at 32 Cherry Street, Albany, on Friday, September 9<sup>th</sup>, at 5 p.m. (CSSC Bus will be leaving by 4:30 p.m.).

Enjoy Viennese Beef Goulash under the pines. There will be musical entertainment.

The cost for the meal is \$15 and will include coffee and dessert. Space is limited and registration is required. CSSC Transportation Services are available to those who are unable to drive themselves.

Please call Diane at 518-459-2857 ext. 305 for additional information or to reserve your spot.



## All Aboard

CSSC is partnering with the Capital Pride Center of the Capital Region to offer a **Vintage Pride Cruise on the Dutch Apple** on Saturday September 24<sup>th</sup> from 4:00 – 7:00 p.m.

On board, there will be a DJ, catered food, and a cash bar. CSSC will provide transportation from The BLC to and from Dutch Apple Cruises in Albany. While cruising, there will be group activities for attendees looking to socialize with new folks. SPACE IS VERY LIMITED. There is no cost for individuals 55+.

To make a reservation, please call Diane at 518-459-2857 ext. 305

The mission of the Pride Center of the Capital Region is to promote the well-being of all lesbian, gay, bisexual, transgender and queer-identified people and those affected by discrimination based on gender identity and expression.



## September's Healthy and Local Cooking Class



Asian cuisines can easily represent the power of its country, thus, are useful tools for education in Asian culture. In America, many people experience variety of food choices of Asian food such as Chinese, Japanese, and Korean.

Join us on September 15 at 11:00 a.m. as Xia Li from CSSC's finance department, who is originally from Zhejiang, China, presents a cooking demonstration and culinary tasting entitled "Exploring Asian Cuisine".

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

[www.colonieseniors.org](http://www.colonieseniors.org)

## Caregiver Services Provided by Bright Horizons

**Virtual Program** – Offered Mondays and Wednesdays from 10 – 11 a.m. each week every month. Caregivers just need to provide their email address so we can send a Zoom link. This service provides one hour of virtual respite service two times per week free of charge.

**Bridge to Bright Horizons Adult Day Social In-Home Respite Program** – Offered in Albany, Rensselaer and Schenectady counties. This service depends on the availability of trained volunteers. In-home interview with client and caregiver will be arranged with the Director of Bright Horizons and the respite volunteer.

This service is free to caregivers in need. This program is made possible by a grant from the New York State Caregiving and Respite Coalition (NYSCRC).

**Bright Horizons Adult Day Social Program** located at The Beltrone Living Center, 6 Winners Circle in Colonie is open Monday – Friday, 9 – 4 pm. Fee to attend is \$60 a day and includes light breakfast, hot lunch, and snack at end of day. Transportation is provided through Colonie Senior Service Centers for those clients living in the Town of Colonie. Funding may be available to attend our in-person program. BH Program Director will advise caregivers on funding sources at time of inquiry.

**Bright Horizons Caregiver Lending Loan Library** makes items available to borrow free of charge. Any items caregivers order are sent out with a self-addressed stamped envelope for return to Bright Horizons. You may contact us for a list of items, CD's, DVD's and books which are available for your convenience.

**The Alzheimer's Caregiver Support Group.** This group meets every third Monday of each month from 9-10am in the Library at The Beltrone Living Center. Refreshments are served. You may bring your loved one with you and leave them at Bright Horizons while you attend the support group meeting. This is a complimentary service that our program provides for caregivers.

Please let us help you help yourselves and your loved one. If you are interested in any of these program services, please contact Sue Napierski, Director of Bright Horizons at (518) 459-7967 or [snapierski@colonieseniors.org](mailto:snapierski@colonieseniors.org).



## September Tool Box Interesting Tool



This tool looks like some kind of dart or gadget used to anchor oneself to climb a rock face. Can you imagine what its purpose is? Turn the page to find out. The Tool Box resells donated tools in support of Umbrella of Colonie. Stop by to check out the tools or become a volunteer and help operate the store. Either way, you're welcome! Store hours are Mon – Sat 10a.m. – 2p.m.

Colonie Senior Service Centers, Inc  
and  
The Albany Musicians Association  
Present

"LABOR OF LOVE - A CELEBRATION OF LIVE MUSIC"

Monday, September 5th

Free Concert-Beltrone Center Gazebo



*Standard  
Time*

2pm - 3pm



*As IZ*

3:30pm - 4:30pm

Sponsored by

The Music Performance Trust Fund

## "Let Your Voice Be Heard"

### Call for Transportation Survey participation

Calling older adults, age 60+, living in zip codes 12189 and 12204! Let your voice be heard and transportation needs known. Please help us plan for the future by completing a survey from National Aging and Disability Transportation Center Equity and Accessibility: Transportation Planning Grant. Your input is important! All responses are anonymous. Please visit <https://colonieseniors.org/survey-form/> or stop by The Beltrone Living Center, 6 Winners Circle, Albany to complete the survey form. Thank you!

## Combating Food Insecurity by Partnering with the Regional Food Bank

With the uptick in inflation and increase in food costs, CSSC realizes that some seniors are struggling with food insecurity.

Beginning in September, CSSC will be once again partnering with the Regional Food Bank to provide seniors produce and product at no cost.

Still in the planning stages, our first monthly giveaway will be on Tuesday, September 13th and will take place during the time of our community lunch program at The Beltrone Living Center. CSSC will make bags of free groceries available for pickup.

As through the pandemic, CSSC, your community nonprofit, is here to support you.

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



**Regional  
Food Bank**  
OF NORTHEASTERN NEW YORK



## July Feed Your Need—Responses

RSVP (Retired Senior Volunteer Program) is an opportunity for older adults to give their time and talent back to a community based organization in need of volunteers to support their mission. Have you considered enrolling as an RSVP volunteer? If not, please do so. We would be honored to have you join our community.

In our July issue, readers were asked to provide answers to the question: "What feeds your need to volunteer?"

From the many responses that were had, the following stood out:

1. "Volunteering provides structure to my day."
2. "Provides a sense of community"
3. "Gives me opportunities to socialize with others."
4. "Volunteering helps me to make new friends."
5. "As an RSVP volunteer, I feel like I belong to a larger community, and it's fun!"



**AmeriCorps  
Seniors**



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

## Answer to September Tool Box Interesting Tool



As strange as it may seem, this tool is used to clean piston heads for a new bore in an engine. Perhaps your car or other small machinery could benefit from this tool? Stop by the Tool Box to check it out or purchase for yourself. The Tool Box is located at 143 Troy Schenectady Rd (Rte 2), Watervliet, just past the corner with Delatour Rd. across from the cemetery.





## Building Update

Now that the demolition of the Colonie Elks Lodge is completed, Colonie Senior Service Centers' leadership met with bankers from many area institutions at King Thiel on August 5<sup>th</sup>, to discuss securing a construction loan for the expansion of the King Thiel Campus.

On August 15<sup>th</sup> at the former site of the Colonie Elks Lodge, Carl Heastie, Speaker of the New York State Assembly and Phillip Steck, New York State Representative announced that New York State has committed two million dollars to the proposed expansion of the King Thiel Campus. As affordable independent senior housing becomes more scarce, CSSC realizes the tremendous need for such housing.



## September Spotlight – Meet Executive Chef Brayden

Everyday, The Beltrone Living Centers offers lunches, dinners and special event meals prepared on-site under the direction of Executive Chef Brayden Bennison. He delivers tasteful and creative food time and again. Join us for lunch or a special event meal to enjoy the “fruit” of Chef Brayden’s gift for food preparation. It is a delicious experience!

**Name:** Brayden Bennison, Executive Chef  
Prime at The Beltrone Living Center, Mazzone Hospitality

**Grew up:** Pittstown, NY

**Training:** Tamarac High School, Learned to Chef- “on the job”

**Other Interests?** Engaged to be married, Craft/Micro-breweries, outdoor activities like kayaking, tubing, and walking around small towns/exploring new areas.

Even as a young child growing up on a farm, Brayden says he always loved food. As a high school athlete, he ate to refuel and enjoyed cooking for his older brothers. Brayden’s first job was picking garlic. Perhaps this role planted the seed for good flavors in his cooking? His mom had a friend, a Chef by trade, who was injured and became disabled. Brayden began helping him around his house and with his meal preparation. He credits this experience to his becoming a Chef. Brayden learned how to use all kinds of ingredients, make sauces, etc. from the knowledge that was shared by this friend, and at 15 years old, he was cooking like a person, years older. At 16, he accepted a job with Burger King and learned a great deal about the “back end” of a restaurant and an appreciation

for sanitation. Experience and drive led Brayden to work at Cracker Barrel and Albany Med where he grew in his knowledge and skills. Finally, a position opened with Prime at Mazzone leading Brayden to The Beltrone Living Center. After working under 2 different chefs for the past 6 years, Brayden earned the top spot of Executive Chef. He continues to grow his trade and enjoys experimenting

with new flavors, ingredients, recipes, and ideas. Brayden says, “There is something great about continuing to experiment with food. It’s a lot of fun!”



## Defensive Driving Classes

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

- **Thursday, September 15, 2022, from 9 a.m. to 3:30 p.m.**
- **Thursday, September 29, 2022, from 9 a.m. to 3:30 p.m.**
- **Tuesday, October 11, 2022, from 9 a.m. to 3:30 p.m.**
- **Tuesday, October 25, 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. 340.**



## A note from Sharon . . .

Prepare your home for fall.

Now that fall is approaching, it’s time to prepare your home for the change of season while the weather is nice. I have gathered some ideas to help you get your home ready for fall.

- Clean your gutters
- Reverse your ceiling fan
- Fertilize your lawn
- Change your filters
- Plant bulbs for spring-blooming flowers
- Check your home for drafts
- Change your smoke detector batteries
- Drain your outdoor faucets

Enjoy the autumn skies and pumpkin pies.

– Sharon Herald, Umbrella of Colonie Coordinator



## September's CSSC Community Drive-Through Dinner

### Celebrating the Harvest

Please join CSSC and Mazzone Hospitality on Thursday, September 8, 2022, from 4:00 to 5:00 p.m. as we celebrate the wonderful harvest season with a beautiful Community Drive-Through Dinner. The menu will include: butternut squash and apple bisque, tomato-mozzarella salad with balsamic glaze, braised short ribs, roasted garlic mashed potatoes, green bean oreganata, and peach & apple cobbler for dessert.

**The cost is \$15 a meal.** Reservations are required. Please call 518-459-2857 ext. 340.



## October's CSSC Community Drive-Through Dinner

On Thursday, October 6<sup>th</sup>, back by popular demand we'll be offering a lobster roll dinner prepared by Mazzone Hospitality that will make you feel like you are vacationing at the ocean.

October's menu will consist of the following:

- Lobster Salad Roll
- Cole Slaw
- New England potato salad
- Berry Bar
- Tomato and Cucumber Salad

**The cost of a meal is \$22** and reservations are required. Meal pickup will be between 4 and 5 p.m. at The Beltrone Living Center, 6 Winners Circle, Albany. To make your reservation, please call 518-459-2857, ext. 340.



Thank you,  
Thank you,  
Thank you...



We want to thank the following Albany County Legislator's; David Mayo, Joseph E. O'Brien, and Jennifer Whalen for their generosity in donating their 2022 \$300 transportation allocation to Colonie Senior Service Centers Transportation Services.



You are the best!



U.S. COMMITTEE  
FOR REFUGEES AND IMMIGRANTS

## ESL Classes Being Offered at The Beltrone by CSSC and USCRI

Starting in September and in collaboration with USCRI Albany (U.S. Committee for Refugees and Immigrants), CSSC is thrilled to announce that we will be offering English as a Second Language (ESL) classes at The Beltrone Living Center.

The term 'English as Second Language' (ESL) has traditionally referred to individuals who speak languages other than English at home. We envision this initiative as a wonderful partnership since CSSC's mission is to support seniors stay active, healthy, and independent and USCRI's is to help refugees become self-sufficient, contributing members of our community.

With more and more non-English speaking seniors coming to CSSC events and programs, the timing was just right to provide such programming. Classes will start September 13<sup>th</sup>, and will be held twice a month. For further information, please call Diane at 518-459-2857 ext. 305.

## THE CENTER at CSSC

Here at **THE CENTER** at CSSC, we believe in lifelong learning. We also believe in adventure, fun and camaraderie. We did a whole lot of those things this summer, with trips to The ballet at SPAC, birdwatching, Grafton Lakes, Jersey Boys, Van Gogh Immersive Exhibit, Mass MOCA, Wine Tasting and so much more. In September, there are opportunities for new experiences and all of the good things that go along with that.

Join us, please, for an awesome trip to New York city to visit the Tenement Museum for a walking tour of the neighborhood and the museum, to learn about how people lived in the early 1900's. We'll also walk along the beautiful Highline Park and have time to find lunch in Chelsea. The trip is on Wednesday, September 21 and the bus leaves The Beltrone Living Center at 7:45 a.m. and returns at approximately 6:00 p.m. Cost is \$125 for members of THE CENTER and \$140 for not-yet-members.



Another event you might be interested in is a walking tour of the historic Van Schaick Golf Club. The club was founded in 1895. Today, the 18-hole course is a place of beauty, with towering trees and astounding views. Come hear the story of its history and learn about the landscape with Conor Fitzgerald, the longtime groundskeeper of the club. This event is on Monday, September 19. The bus leaves The Beltrone Living Center at 10:00 a.m. and returns at approximately noon. The event costs \$10 for members and \$15 for not-yet-members.

There are many more opportunities to learn, grow and make connections with people at THE CENTER at CSSC. Please call Caroline at 518-459-2857 ext. 327 to hear about creative, fitness and other travel events.



# Senior Dining Program

## September 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. 339.**

**Special Lunch: September 9 at Noon:** Come join Brian Zapel for an All-American sing-a-long. Lunch will be vegetarian pizza, Kale and chickpea salad, applesauce and a cookie. Suggested contribution of \$3 for lunch and \$3 for entertainment.

**Special Dinner: September 26 at 5 p.m.:** Everyone's favorite guitarist, Rick Bedrosian, will be at The Beltrone to play rock 'n roll favorites and a few Irish tunes, too. Dinner will be Chicken Parmesan, ziti, green beans, Caesar salad and an ice cream sundae. Suggested contribution of \$3 for dinner and \$3 for entertainment.

## September 2022 Menu Menu items are subject to change

9/1	Fall Vegetable Quiche	9/19	Pumpkin Alfredo + Turkey Sausage Fettucine
9/2	Chicken Cacciatore	9/20	Seafood Mac + Cheese
9/5	Shrimp Scampi	9/21	Scalloped Potatoes w/ Ham
9/6	Chicken Pesto Bake	9/22	Minestrone + ½ Roast Beef
9/7	Butternut Squash Soup + ½ Sandwich	9/23	Chicken Parmesan
9/8	Goulash	9/26	Chicken Barley Stew
9/9	Veggie Pizza	9/26	<b>Special Dinner:</b> Chicken Parmesan
9/12	Meatloaf	9/27	Stuffed Pepper
9/13	Sausage Stuffed Squash	9/28	Chicken Marsala
9/14	Macaroni + Cheese	9/29	Mediterranean Cod
9/15	Shepherd's Pie	9/30	Meatball Sub
9/16	Bacon, Shrimp, Corn Chowder		

**Lunch and Learn: September 13 at Noon:** Come hear Dr. Rhiannon Claus, chiropractor, talk all things dairy: how your body processes it, nutrition components and alternatives. Lunch will be sausage stuffed acorn squash, broccoli, pears and ice cream. Suggested contribution of \$3.



## Donations in Action

Never underestimate how active seniors can be!

- 1 Packing meals for the monthly drive through dinner.
- 2 Dancing the night away at CSSC's Monday Music Concerts.
- 3 Enjoying dinner and music together!
- 4 Traveling for a day of history to Saratoga Battlefield.
- 5 Volunteering for Community Senior Dining!
- 6 Learning to paint through **THE CENTER** at CSSC.
- 7 Traveling to SPAC to see the New York City Ballet!
- 8 Exploring religion on CSSC's Sacred Spaces trip to St. Matthew's.
- 9 Performing the latest Timeless Tappers routine.



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



## 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

### 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

### Senior Dining

Ron Dikas, Culinary and  
Special Events Coordinator  
rdikas@colonieseniors.org  
518-459-2857, ext. 339

### Tool Box

Leonard G. St. Gelais, Coordinator  
lstgelais@colonieseniors.org  
518-608-4758

### Transportation Services

James Kyme, Director  
jkyme@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

Jessica Flynn, Site Manager  
jflynn@colonieseniors.org  
518-459-2711

### King Thiel Senior Community and Sheehy Manor

Aimee Richardson, Site Manager  
arichardson@colonieseniors.org  
King Thiel: 518-429-6292  
Sheehy Manor: 518-782-2350

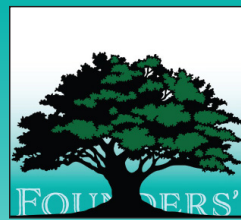
### Media and Communications

Michael DiGiuseppe, Specialist  
mdigiuseppe@colonieseniors.org  
518-459-2857, ext. 337



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

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



## 21<sup>st</sup> Annual Founders' Celebration Luncheon

Thursday, October 27, 2022

11:30 a.m. – 1:00 p.m.

The Lakeview Room in  
The Beltrone Living Center

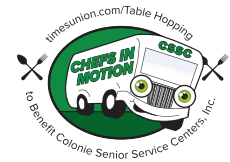
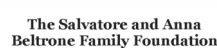
You are invited to join Colonie Senior Service Centers, Inc. (CSSC) at our 21<sup>st</sup> Annual Founders' Celebration Luncheon taking place on Thursday, October 27 from 11:30 a.m. – 1:00 p.m., in the Lakeview Room at The Beltrone Living Center in Colonie. This year's Founders' Celebration will mark CSSC's 41<sup>st</sup> year of being the Capital Region's largest provider of supportive senior programs and services.

During the luncheon we will once again honor local businesses and community leaders with the Colonie Senior Spirit Award. This award recognizes individuals and businesses who have made a significant and positive impact on the lives of seniors in our community and who reflect the commitment, vision and leadership exemplified by CSSC's Founders and our organizational mission.

If you would like more information on how to sponsor or join us for this year's Founders' Celebration Luncheon please contact Laurie Miedema at 518-459-2857 ext. 304 or at Lmiedema@colonieseniors.org.

Purchase your tickets at colonieseniors.org.

A special thank you to our generous sponsors (as of July 5, 2022)



## Don't Miss Chefs In Motion! Monday, September 19, 2022 at The Beltrone Living Center

Chefs will be provided a "shopping cart" of locally sourced products and seasonal produce prior to the event and will be asked to create a signature dish, either a soup, salad or entrée whose ingredients are at least 75% locally sourced. The official judges will be scoring in four categories: Creativity, Taste, Appearance and Use of Locally Sourced Ingredients. Additionally, attendees to the event will choose the People's Choice Award. Fun will be had by all. Let us celebrate local produce, products and local culinary talent /restaurants while supporting transportation for local seniors. It is a win-win-win initiative. Call Diane to purchase tickets and for additional information at 518-459-2857 ext. 305.