

Warmth of Winter is Back In-Person with Andrea Crisafulli Returning as Event Chair



Colonie Senior Service Centers, Inc. (CSSC) invites you to join us for Warmth of Winter on Thursday, February 16, 2023, from 5:30 – 8:30 p.m. at Wolferts Roost in Albany. We are happy to once again gather in person for a delightful night of wine and craft beer tastings, hors d'oeuvres, delicious cuisine, enticing auction items, games and activities. The event is once again co-sponsored by Crisafulli Bros. and will benefit CSSC's Umbrella of Colonie Home Maintenance Program. Proceeds from Warmth of Winter go directly back to seniors to help defray the cost of their heating bills. Currently, there are many seniors worrying about the increased cost to heat their

homes. National Grid predicts a 39% increase in heating costs this winter, and some seniors will be forced to choose between medications, groceries, and fuel bills. Warmth of Winter is about supporting members of our community; more specifically, our seniors and their ability to keep their heat on.

CSSC is proud to have numerous sponsors on board to support this initiative including: Crisafulli Bros., Equinox Companies, Meier Law Firm, PLLC, HF&C (Haylor Freyer & Coon), Broadway Auto Clinic, All Star Wine & Spirits, Lennox Industries, Mohawk Honda, N&S Supply, The O'Connor Hazelton Group, Skyview Landscaping, CBRE-Albany, Capital Region BOCES, BST & Co., CHA Consulting Mazzone Hospitality and Rivers Casino and Resort. Additionally, we are thrilled to have Andrea Crisafulli chairing this meaningful event for the fourth year in a row. Her leadership is truly appreciated by the senior community.

We look forward to seeing you at this year's Warmth of Winter event. Sponsorship, Honorary Committee memberships and tickets are available for purchase at www.colonieseniors.org. If you have any questions or need additional information please contact Laurie Miedema, CSSC Development Director at 518-459-2857 ext. 304 or via email at Lmiedema@colonieseniors.org.



Warmth of Winter

Sponsors























Message from the Executive Director

Happy February!



Black History Month

February 14
Valentine's Day

February 17
Random Acts of Kindness Day

February 20
National Love Your Pet Day

February 21
Presidents' Day

It is Time to Invest in You

I recently received a lovely thank you note from a local senior which read, "May you find joy in your life, love in your heart and peace in your mind," and from those kind words, I decided that for 2023 I want to read books that explore joy and contentment, as well as attend more live concerts, learn or be reintroduced to a craft or art medium, hang with positive people, take the time to enjoy the company of friends and pets, appreciate nature and the great outdoors, and just try to be and spread happiness, as well as celebrate positive vibes.

We all recognize that there are enough critics and takers out there that have a productive way of sucking every ounce of positivity out of a room. In fact, Gallup recently announced that global unhappiness is at an all-time high and this is attributed to loneliness, sadness, stress, anger, pain and worry.

So, for the month of February, let's step out of comfort zones and try to create and share true happiness with ourselves and others. How about making some new friends and starting

true meaningful relationships with others that might have similar interests? As Ralph Waldo Emerson said, "For every minute you remain angry, you give up 60 seconds of peace of mind."

The dedicated staff of CSSC does the things we do because they're the right things to do. They more area older adults that can be engaged with our wide variety of programs and services, the better. We celebrate our mission and our purpose in a quiet way but our dedication is always there. Most importantly, we are here for you.

Just in time for Valentine's Day, on Monday, February 13th, CSSC is hosting a FREE community concert with the local band "Jade" at The Beltrone Living Center. Doors open at 5:00 p.m. with food available for purchase. Music starts at 6:00 p.m. We would love to have you join us!

And remember, don't look for happiness, create it!

– Diane Conroy-LaCivita



March's Healthy and Local Cooking Class – Traditional Irish Soda Bread Anyone?



Chef Harold Qualters

Is there a better bread in the world than a loaf of Irish soda bread, particularly as we get close to St. Patrick's Day? Irish soda bread, made with white flour, is the cousin to Irish Brown, which was as common as a pint of Guinness or Smithwick's Ale. Although today both are equally popular, brown bread was initially more common because white flour was more expensive.

Join us on Tuesday, March 7, from 11:00 a.m. to 12:00 noon, when well-known local Chef Harold Qualters will demonstrate the proper way of making delicious Traditional Irish Soda Bread; just in time for St. Patrick's Day.

Class will take place at King Thiel Senior Community, 17 Elks Lane, with a \$5 fee and will include a light lunch.

Space is limited and prepayment for the class is required. To make a reservation, please call Diane at 518-459-2857 ext. 305.



Forever Young Singers

Forever Young is an appropriate name for the choral group rehearsing at The Beltrone Living Center on Thursdays at 1:00 p.m. each week. The joy, friendship and fun that occurs with this group is what belonging to a "community" is all about. If you're looking to add a little fun to your life, along with positive health benefits, consider joining the group.

A perfect singing voice is NOT required...new members are always welcome. Share the LOVE of music this month and remain Forever Young!

Forever Young Singers
is sponsored by:



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

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

February's Outing – Mexican Anyone?



Join Diane on her next scheduled international excursion to El Charro Mexican Grill at 952 Troy Schenectady Road, Latham on Tuesday, February 21 at 4:00 p.m. (CSSC buses will leave BLC and KTSC at 3:40 p.m.).

When thinking about the history, community and culture of Mexico, Mexican food is undoubtedly one of the first things that comes to mind. At El Charro Mexican Grill, they take pride in offering authentic recipes rooted in various regions of Mexico.

The cost of the meal is \$24. Which will include shared appetizers, entrée (one of three choices), dessert and coffee/tea. (Everyone registered will be asked to choose their entrée' ahead of time.)

CSSC Transportation Services are available for those who are unable to drive themselves.

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



Get Ready to Rock Out

Join us on Monday, February 13 at The Beltrone Living Center for great music and dancing with "Jade", a Classic Rock band originated in 1971. They'll play your favorite rock tunes with an emphasis on love for Valentine's Day, so come to sing and dance along. Food and beverages will be available for purchase. Bring your sweetheart or come alone. Entry is free and open to the public. The concert begins at 6:00 p.m. Doors open at 5:00 p.m.



Save the Date!

By the luck of the Irish, CSSC has reserved Triskele, [pronounced Tris-Kay-lee] an all-female Celtic band out of Albany NY. They are known for their stunning harmonies, singing the Gaelic language and for their Irish wit. These ladies perform traditional, original and some modern Celtic/Irish music. Save the date to join us at The Beltrone Living Center on Monday, March 13 at 6:00 p.m. to celebrate St. Patrick's Day. Doors open at 5:00 p.m. Food and beverages will be available for purchase. See our March Newsletter for more details.



Battling Food Insecurity

CSSC makes it a priority to help older adults in our community battle food insecurity with monthly food distribution. On the second Tuesday of each month, free food is distributed at the Beltrone Living Center from 11:30 a.m. – 12:30 p.m. during our congregate meal service. Those in need are welcome to participate. **Please bring your own reusable grocery bag.** Be our valentine and join **February's pick up on Tuesday the 14th.**



Defensive Driving Classes

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

- **Saturday, February 18, 2023, from 9:00 a.m. to 3:30 p.m.**
- **Tuesday, February 28, 2023, from 9:00 a.m. to 3:30 p.m.**
- **Saturday, March 18, 2023, from 9:00 a.m. to 3:30 p.m.**
- **Thursday, March 30, 2023, from 9:00 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 Moment in Time on the Move...

The beautiful photographic exhibit "A Moment in Time" will be moving to The Arts Center of the Capital Region in Troy (265 River St, Troy, NY 12180), for the month of February. If you were unable to view the exhibit at either The Beltrone Living Center or Colonie Town Library please stop by The Arts Center to see this oral history pictorial project.

Sacred Spaces

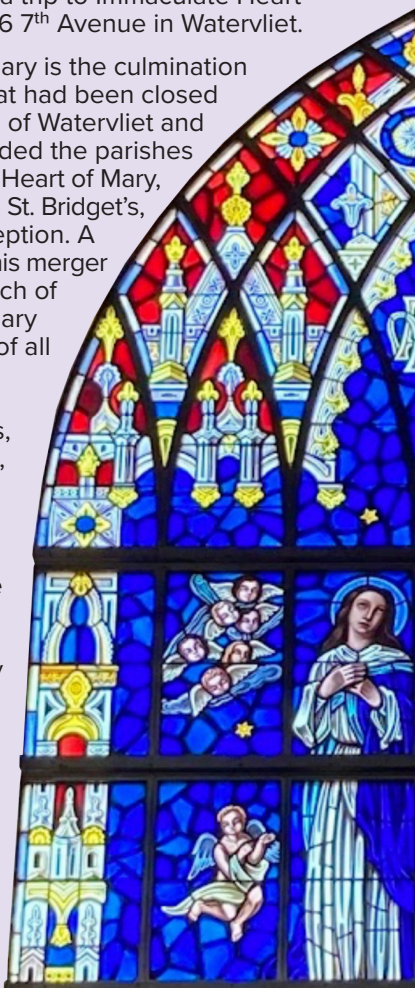
Immaculate Heart of Mary

The journey continues Thursday, February 16 at 12:30 p.m., as we take a trip to Immaculate Heart of Mary, located at 2416 7th Avenue in Watervliet.

Immaculate Heart of Mary is the culmination of six local parishes that had been closed previously in the Cities of Watervliet and Green Island and included the parishes of St. Joseph's, Sacred Heart of Mary, Mt. Carmel, St. Patrick's, St. Bridget's, and Immaculate Conception. A fascinating fact about this merger is that the current church of Immaculate Heart of Mary has historical artifacts of all six church structures contained within its structure such as pews, stained glass windows, statues and other architectural details.

The CSSC shuttle bus will leave The Beltrone Living Center at 12:30 p.m. and will return at approximately 2:30 p.m. This outing will require some walking. There is no charge to participate but reservations are required.

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



"Food Glorious Food"

We all do it...EAT.

Join CSSC staff, visiting chefs, foodies and local food producers for a monthly book club and practicum all about food entitled "Food Glorious Food". We will explore the serious side of food, how it is produced, the economics and politics behind it and the responsibility we have as consumers. This reading and discussion program will also entail some hands-on opportunities.

Registration is FREE but will be limited. The group will meet the last Thursday of the month at 11:00 a.m. in the community room at King Thiel Senior Community, 17 Elks Lane in Latham. We ask that participants plan on attending all scheduled sessions.

February 23, March 30, April 27, May 25, and June 29.

Books chosen for this program are as follows:

- The Third Plate: Field Notes on the Future of Food by Dan Barber
- Diet Cults: The Surprising Fallacy at the Core of Nutrition Fads and a Guide to Healthy Eating for the Rest of Us by Matt Fitzgerald
- In Defense of Food: An Eater's Manifesto by Michael Pollan
- Diet for a Small Planet by Frances Moore Lappe
- How the Food Industry Influences Nutrition and Health by Marion Nestle



Copies of the books to be discussed will be loaned to participants. This program is made possible with funding from Humanities New York.

To register, please call Diane at 518-459-2857 ext. 305.

St. Patrick's Day Parade

Saturday, March 11, 2023 at 2:00 p.m. Buses Will Leave The Beltrone Living Center at 11:30 a.m.

Interested in being in this year's St. Patrick's Day Parade on Saturday, March 11, 2023? CSSC will have two CSSC buses riding in the parade and we are looking for fun, friendly and green-wearing seniors to ride in our buses along the parade route, smiling and waving to the parade goers. If you are interested call Diane at 518-459-2857 ext. 305.



(AP Photo/Mary Altaffer)

Thank You, Thank You, Thank You!

A huge thank you must be given to the Watervliet-Colonie Elks Lodge #1500 for their recent donation of over 4 acres at their former Elks Lane site to CSSC. This added acreage will expand and enhance the campus we are envisioning.



THE CENTER at CSSC Open House



In case you missed it, here's a report from the Open House for **THE CENTER** at CSSC. On January 13, instructors, artists, fitness leaders, musicians and volunteers gathered in support of our programming. The afternoon brought people interested in learning about classes, trips and events. While many new and returning members updated their memberships, people also came to learn about what **THE CENTER** at CSSC is offering in 2023.

Attendees were able to make gift tags with a St. Valentine theme with the ever-popular Ann Burns. Ann teaches Rubber Stamping classes, which consist of creating cards, gift items and home décor. The classes she teaches are fun, social and easy to do.

There were plenty of fitness demonstrations as well. Visitors had the chance to experience yoga with Amanda Mackey, who teaches Yoga for Joy. Amanda exudes joy and is loved by all! Andrea Hersh is a newer instructor and is introducing Nia to **THE CENTER**. She gave a demonstration on Nia that included dance, martial arts and healing. Melody Holman gave a short class on Tai Chi, which is a safe and gentle martial artform. It's been known to improve balance and overall wellbeing. Strength training is ever-important for mature bones, and Chrissy Sarratori led a group in sampling her Strength, Core + Cardio class.

For those interested in meditation, Darcy Scarlata led a group in Guided Meditation at the Open House. Guided Meditation is held at The Beltrone in four-week sessions and promotes stress reduction and reduces anxiety.

Guests also learned about Alcohol Ink art with Marjorie Ward, were introduced to soapmaking with Karen Dujack and made stovetop sachets to bring warm scents to their homes.

Gift baskets were raffled and visitors snacked, mingled and met staff and friends. If you were unable to attend the Open House, please reach out to learn about all opportunities available through **THE CENTER** at CSSC.

— Caroline Barrett, Director of Lifelong wellness,
518-459-2857, ext. 327 or cbarrett@colonieseniors.org

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

THE CENTER is underwritten by:

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Calling all Interested Volunteers and Community-Based Organizations in Rensselaer County

Retired Senior Volunteer Program of the Capital District (RSVP), a Program of AmeriCorps Seniors, will hold a Volunteer Information and Station Opportunity Fair on Friday, February 10 from 1:00 p.m. to 3:30p.m. at the John Paine Mansion, 49 Second Street, Troy. The venue is breathtaking in and of itself! While visiting you'll have the opportunity to learn more about volunteer opportunities through RSVP and enroll as an RSVP Volunteer, talk to Rensselaer County Volunteer Stations and explore new opportunities to engage in your local area. Join RSVP, a growing community of older adults who want to continue to use their skills, talents, and wisdom, by staying involved, all while helping worthwhile, local organizations. Refreshments will be provided. For additional information and questions, please contact Kristin Vivian, Director RSVP and Volunteers at Colonie Senior Service Centers, Inc. 518-459-2857 ext. 308 or kvivian@colonieseniors.org.



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



THE CENTER Bonus Event for Members

Join **THE CENTER** at CSSC for a History Tour at John Paine Mansion, 49 Second Street, Troy on February 10 from 4:00 – 6:00 p.m. The mansion was built in 1896 and has been the site for movies and television shows alike. The mansion is also the inspiration for countless artists and on the tour, you will learn about its history and the many stories held within. After the tour, enjoy refreshments and mingle in the breathtaking space that includes carved wooden archways, dramatic staircases, and details true to the period it was built. Please note, this tour includes stairs. For additional information, please contact Caroline Barrett, Director of Lifelong Learning and Wellness, 518-459-2857 ext. 327 or cbarrett@colonieseniors.org. This event is free for members of **THE CENTER** only.



KTSC II Update

By the time you are reading this, Colonie Senior Service Centers, Inc. would have gone in front of both the Colonie Town Board, as well as the Town of Colonie IDA and LDC in hopes of moving further our construction plans for a new 99 unit independent affordable senior building adjacent to our current KTSC structure located on Elks Lane in Latham. CSSC's dedicated staff and Board of Directors truly recognize the need and are working very hard to provide additional housing opportunities for our seniors. Having the two buildings side-by-side, would create a beautiful senior campus complete with a three-season senior center for the community in the pavilion that is already existing.

We hope to have shovels in the ground shortly...stay tuned.

Above: Rendering of KTSC II Main Entrance Building Perspective

Trivia Tuesdays Continue!

Join in as trivia continues on the **2nd Tuesday each month at 2:00 p.m.** to challenge your random knowledge. Teams of 4 go head-to-head for the title of weekly champs! After all, four heads are better than one! The format has been changed to be a little less competitive and a little more fun! Grab some friends and come to the Lakeview Room to compete or watch. Don't have a team? Attend and join others present to form a team. It's all for fun and boasting rights.

Our next Trivia Tuesday will be held on February 14th. To register to attend, please call Louis at 518-459-2857 ext. 340.

Trash to Treasure

Beauty is in the eye of the beholder, so it is said. Some have the ability to see something worn, used, outcast and view it with new purpose, making what was once "trash" into something beautiful—a "treasure". Local Artist, Marjorie Ward, took that thought to heart when the ToolBox 'Trash to Treasure' challenge was first proposed. With her submission, Marjorie says, "This assemblage is titled 'What's in Your Junk Drawer?' Almost everything came from the ToolBox. Russ (spouse) and I are frequent visitors there to either purchase or drop off donations. I always seem to find some little gadget that calls out to be saved for an art project and this piece gave me a chance to use up several pieces. Our son, who lives in Queens, never misses an opportunity to stop in when he comes home because he can find so many things needed for his position at Manhattan School of Music. (Percussionists are always building and fixing stuff)". Indeed Marjorie has created a thing of beauty, true artwork, from her finds at the ToolBox. Perhaps you can too!

Stop by the ToolBox to make donations or to find unique items and tools at 143 Troy-Schenectady Rd, Watervliet. Shop hours are Tuesday thru Saturday from 10:00 a.m. to 2:00 p.m. Proceeds benefit Umbrella of Colonie, an affordable home maintenance option for older adults who wish to remain in their home in Colonie for as long as possible and may need a little help to do so.



Aging with Pride

Starting this month, Colonie Senior Service Centers, Inc. is excited to partner with the Pride Center of the Capital Region to help host Aging with Pride, a monthly group for LGBTQ+ folks 55+ to allow participants to connect with each other and build community in a safe and accepting space. Join us Friday, February 17th from 10:00 to 12:00 noon at The Beltrone Living Center, 6 Winners Circle, Albany, and every 4th Friday of the month after that. Expect music, fun, camaraderie, and a lot of love and support! Attendees are able to make a reservation and stay for lunch afterwards. For questions and additional information, please call Diane at 518-459-2857 ext. 305.



Are you looking to downsize, but have a garage filled with tools that are too good to be thrown away or have sentimental value?

The Tool Box accepts gently-used tools to resell at our thrift store with all proceeds benefiting seniors in the community through the Umbrella of Colonie program.

The Tool Box is a program of Colonie Senior Service Centers, Inc., a non-profit organization serving the largest population of seniors in the Capital Region.



TOOL BOX
Tool Thrift Store

143 Troy-Schenectady Road (Hilltop Plaza) | 518-608-4758

Store Hours

Sunday	Closed
Monday	Closed
Tuesday	10 A.M. – 2 P.M.
Wednesday	10 A.M. – 2 P.M.
Thursday	10 A.M. – 2 P.M.
Friday	10 A.M. – 2 P.M.
Saturday	10 A.M. – 2 P.M.

Senior Dining Program

February Menu

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. Registration and Reservations are Required for this program. Call 518-459-2857, ext. 303 for Reservations.

Friday, February 3rd at 12:00 Noon: Come listen to vocalist Carla Page and enjoy lunch with the community! Lunch served will be a Garlic Herb Baked Cod w/Orzo Salad, Beet Carrot Salad, Sweet Potato Mash, juice and a cookie.

Monday, February 20th at 5:00P.M.: Come see a returning performer, Don Hyman for a setlist paying tribute to Louie Armstrong,

February 2023 Menu Menu items are subject to change

2/1	Chicken Cordon Bleu	2/15	Salmon Cakes
2/2	Spaghetti & Meatballs	2/16	Spinach Frittata
2/3	Special Lunch Garlic Herb Baked Cod	2/17	Chicken Cacciatore
2/6	Pasta Fagioli with Sausage	2/20	Shrimp Scampi
2/7	Oven Baked Fish Sandwich	2/20	Dinner "Cabin Fever Cookout"
2/8	Cornflake Chicken	2/21	Lunch & Learn Goulash
2/9	Beef Tips over Egg Noodles	2/22	Cream of Broccoli Soup + ½ Turkey Sandwich
2/10	Cheese Tortellini Soup + ½ Roast Beef Sandwich	2/23	Margherita Pizza
2/13	Pulled Pork Sandwich	2/24	Sausage, Peppers + Onions Sandwich
2/14	Chicken Pesto Lasagna	2/27	Chicken Bacon Mac & Cheese
		2/28	Meatloaf + Mashed Potatoes

Nat King Cole, Ray Charles and Sam Cooke in recognition of Black History Month! Dinner will be a "Cabin Fever Cookout" with a Cheeseburger, Baked Beans, Corn Salad, a Fruit Cup & Strawberry Shortcake!

Tuesday, February 21st at 12:00 Noon: Come hear Dr. Rhiannon Claus of Capital District Family Chiropractic (topic TBD) and eat lunch with the community. Lunch served will be Goulash, Garlic Bread, Green Salad, Fruit & a Cookie.

Donations in Action – Through CSSC seniors are active!

- 1 Learning how to cook with maple syrup during a cooking class at KTSC with Wayne from Mort's Maple from Averill Park, NY.
- 2 Seniors find their happy place with Kevin Kuhne in a Watercolor Class.
- 3 Learning how to shoot pool at THE CENTER at CSSC!
- 4 Seniors joined the Sacred Spaces trip and traveled to Sacred Heart in Troy.
- 5 Special thank you to Crisafulli Bros. Plumbing & Heating for donating holiday wreaths for our community seniors.
- 6 Off to Glens Falls looking for art-and we found it! There were public murals, a visit with Lower Adirondack Regional Arts Council (LARAC), and a stop at the Hyde Collection.
- 7 CSSC's "A Moment in Time" beautiful photo exhibit was packed up at The Beltrone Living Center and moved to The Stedman Room at the Colonie Library for the month of January.
- 8 Seniors were immersed in local and national history at the Stephen and Harriet Myers House
- 9 So much learned about farm life in the 18th century at the Mabee Farm Historic Site from the Schenectady County Historical Society
- 10 Happy seniors at wonderful art workshops offered by THE CENTER at CSSC!



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.

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We are grateful to those who have supported the 2022 Year End Annual Fund

Your donations make a lasting difference to seniors and their families.

Anonymous	Pam Drake Love, in honor of all that you do at CSSC, Inc.	Anthony and Susan Mantello	Jerry Rovelli
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Adirondack Beverages	Joanne Z. FitzGibbon	Ralph P. Marra	Mary Rzeszuto
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	Lawrence Mallery	Lynn Rondeau, in memory of Ken Neri	
		Josefina Roque	

Donations received
December 1 – 31, 2022