

## THE CENTER at CSSC

There's a saying about traveling, one that rings very true around here. It goes like this: "one's destination is never a place, but a new way of seeing things." The words were written by Henry Miller in the middle part of the last century but to me, they are timeless. A big part of what we do here at **THE CENTER** at CSSC is traveling. We go to places like Opalka Gallery to see world-class art installations and to the Ten Broeck Mansion for history lessons. We go to old-growth forests and kayak on cool, peaceful rivers. There have been trips to New York City for museums, for eating, for shopping, walking and people-watching. For me, all of these trips, no matter the place, are not just about arriving at a new destination but about the people traveled with, the landscape we pass through to arrive, and the interactions we have while there. It's about opening our eyes to new things. In short, it's about learning.

Lifelong learning is what we do here at **THE CENTER**. For us, this learning doesn't necessarily take place in a traditional classroom setting. Instead, we strive to create an environment where people are absorbing new ideas and knowledge through human contact, conversation, and action. These things happen when we board a bus to see live music, pick up a paint brush or talk about a book.

So come for bridge, come try a new craft or come to exercise. Come to make a friend, or meet an old one. Most of all, come with an open mind and be ready to learn in ways you didn't imagine. There's so much to learn, and like Henry Miller said back in '57, there will be a whole new way of seeing things.

— Caroline Barrett, CSSC Director of Lifelong Wellness



### THE CENTER at CSSC OPEN HOUSE January 13, 1 p.m. – 3 p.m.

Come and mingle, meet instructors and learn about **THE CENTER** at CSSC. At our January Open House, there will be information about wellness and fitness classes, artistic and creative events and club happenings, too. The open house is a great chance to see where classes are held and tour our building. Start your journey in staying active, connected and healthy in 2023!

There will also be music, crafts, snacks and fun. Free for all.

**THE CENTER** at CSSC members outside The Beltrone Living Center getting ready to go to Grapevine Farms for wine tasting, lunch and shopping on Friday, November 18, 2023.

## Message from the Executive Director

### Happy January!



#### A Special Moment in Time

Recently, I was mailed a wonderful gift from my 93 year old cousin Liz. She was in the process of cleaning out her home of sixty-six years to move in with her daughter and came across a well-worn black-n-white photo of my Great Aunt "Frannie" (Frances) and her husband Ed, and thought I would be the one she would send it to. Receiving that 5x7 photo from the 1940s made my day, possibly my month.

Now, I know you should never choose favorites but, Aunt Frannie and Uncle Ed were mine. They were incredible human beings, never an unkind word, wise as the day is long and the best sense of humor you would ever wish for.

He worked at ESF, she was a homemaker, and the love and respect they always showed one another was commendable. They had no children of their own but treated me and my brothers like gold when they visited. They owned a beautiful historic home on South Salina Street in Syracuse complete with stain glass windows, incredible woodwork, a butler's pantry in between the kitchen and formal dining room, as well as an artist studio on the second floor in the back where my uncle painted. Boy, how we loved and admired them.

Ed passed in 1980 at 71, Frannie in 1982 at 68. Forty years later, my feelings for them are the same. Receiving that photo was truly a gift, "A Moment in Time" that brought back special memories.



One of my favorite aspects of working for Colonie Senior Service Centers is the day-to-day interaction with our seniors. Between our housing opportunities and all our community programs and services, we have the pleasure of interacting with thousands of seniors annually, many of whom we may have known growing up. Some were our teachers, our neighbors, our parents' friends, past coworkers and other members of our community.

In the end, it is not the years in your life that matter. It is the life lived in those years that count.

Looking forward to a wonderful 2023 full of life, love, good health and happiness.

– Diane Conroy-LaCivita

## January's Healthy and Local Cooking Class – Healthy Moroccan Cooking

Moroccan cuisine is the cuisine of Morocco, fueled by interactions and exchanges with many cultures and nations over the centuries. Moroccan cuisine is a mix of Arab, Berber, Andalusí, and Mediterranean cuisines, with minimal European and sub-Saharan influences.

Join Aneesa Waheed, owner of Tara Kitchen, on Tuesday, January 31 from 11:00 a.m. to 12:00 noon to learn from an area expert about why Moroccan cuisine is so special. The class will take place at King Thiel Senior Community, 17 Elks Lane in Latham. There is a \$5 charge to attend, and prior registration is required. For further information or to register, please call Sharon at 518-459-2857 ext. 302.



(Photo Source: John Carl D'Annibale/Times Union)

## CSSC's International Diners Club – For the Love of Food January's Outing – French anyone?

Join Diane on her next scheduled international excursion to Tighe's Bistro Americain at 2703 NY Highway 43, Averill Park on Tuesday, January 10, at 4:00 p.m. (CSSC buses will be leaving BLC/KTSC at 3:30 p.m.).

Bistro Americain occupies a circa-1850s building that formerly was home to the Glass Lake Inn, closed for many years before Tighe bought the property. Kevin Tighe has been working in the restaurant world for almost 50 years and this restaurant is a long-held dream come true.

The restaurant's menu offers entree options that contrast French dishes with American counterparts.

The cost of the meal is \$35, which will include entrée (one of three choices), dessert and coffee/tea. (Everyone registered will be asked to choose their entrée ahead of time.)

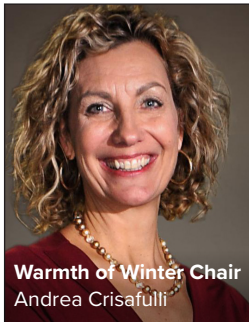
CSSC Transportation Services are available for those who are unable to drive themselves.

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



# Warmth of Winter

## HELPING SENIORS KEEP THE HEAT



**Warmth of Winter Chair**  
Andrea Crisafulli

CSSC along with Crisafulli Bros. will host Warmth of Winter to assist Seniors to stay warm and healthy.

CSSC is once again thrilled to have Crisafulli Bros. partner with us in hosting Warmth of Winter, on Thursday, February 16, 2023, from 5:30 p.m. to 8:30 p.m., at Wolferts Roost Country Club in Albany. We invite you to join us for this special wine and craft beer tasting event

Each year proceeds from Warmth of Winter directly support seniors in need of heating assistance. Winter is an especially challenging time for older adults as they are often in their homes and isolated. National Grid is predicting a 39% increase in their heating costs and we are seeing a dramatic number of seniors who are worrying about heating their homes. Many will probably face making a choice between heating their homes, or purchasing medicine and food.

So please join us at this year's Warmth of Winter, it promises to be a fun evening of sumptuous food stations, wine selections, craft beer tastings, a cornhole competition, a mystery key game, our famous wine pull and an amazing auction. Your participation will help over 200 seniors in our community to keep their heat on.

Sponsorship opportunities, Honorary Committee memberships and individual tickets are available for purchase at [www.colonieseniors.org](http://www.colonieseniors.org) or by contacting Laurie Miedema, CSSC Development Director at 518-459-2857, ext. 304 or at [Lmiedema@colonieseniors.org](mailto:Lmiedema@colonieseniors.org).

Thank you to our current sponsors



## Forever Young Singers Spreading Joy...

Not rain, nor sleet, nor snow can dampen the spirit of the Forever Young Singers! The group spread joy this holiday season with performances across the Capital Region. Want to join the fun? Singing is good for you: Improves your physical and mental health, forms new relationships, develops a sense of community. Make a New Year's resolution to be more musical. New members are always welcome. Simply come to a practice on a Thursday, 1 p.m. at The Beltrone Living Center, 6 Winners Circle, Colonie, and don't forget to bring your fun-loving spirit!



Forever Young Singers performing at Cohoes Music Hall Visitor Center on Sunday, December 4, 2022.

Forever Young Singers  
is sponsored by:



## RSVP Volunteer Thank you

Our volunteers go above and beyond each day to help CSSC achieve its mission of caring for older adults in our community. We could not offer the programs and services that we do without your help. "Thank you!" to all our volunteers. We are so grateful for your contribution of time, talent, and support. As we start a new year, please know that we appreciate YOU!

Retired Senior Volunteer Program (RSVP) is a program of AmeriCorps Senior. For volunteer information, please contact Kristin Vivian at 518-459-2857 ext. 308 or [kvivian@colonieseniors.org](mailto:kvivian@colonieseniors.org)



## Defensive Driving Classes

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

- Saturday, January 14, 2023, from 9 a.m. to 3:30 p.m.
- Thursday, January 26, 2023 from 9 a.m. to 3:30 p.m.
- Saturday, February 18, 2023, from 9 a.m. to 3:30 p.m.
- Tuesday, February 28, 2023, from 9 a.m. to 3:30 p.m.
- Saturday, March 18, 2023, from 9 a.m. to 3:30 p.m.
- Thursday, March 30, 2023, 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.





## Sacred Spaces

### The Church of St. John the Evangelist

The journey continues Tuesday, January 17, at 10:00 a.m., as we take a trip to The Church of St. John the Evangelist located at 806 Union Street in Schenectady.

Completed in 1899, St John the Evangelist, in the Union Street Historic District (NHRP), is the result of a collaboration between the pastor and architect. The pastor, Monsignor John L. Reilly, outlined the design of the church from inspiration collected while traveling in Europe. Many American churches have been inspired by their pastors' European grand tour, but the end result in this case is not the obvious replica that resulted in the vast majority.

The "supervising architect" (as he is credited in multiple accounts) was Edward Loth, an architect from Troy who had studied in Germany. This is the most dramatic and unusual of his church designs. Loth also designed a number of churches in towns around Albany including Ballston Spa and Watervliet.

The CSSC shuttle bus will leave The Beltrone Living Center at 10:00 a.m. and will return at approximately 12:00 noon. This outing will require some walking.

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

## ESL Call for new students

New Students Welcome!

For the past two months, volunteers have been working with older adult refugees teaching the English language and American situational words and practices. Lessons will continue into the new year. Do you know an adult struggling with the English language? Please consider referring them to CSSC to participate in ESL classes held twice weekly at The Beltrone Living Center.



## The CENTER at CSSC

### Happy New Year!

We are so excited about these offerings, in celebration of the New Year and of all things new and exciting.

Please note, \$20 membership is due in January.

These classes start in January. Please call for dates, times and to register. Call 518-459-2857 ext. 327 or cbarrett@coloniesenior.org

#### Wellness and Exercise

- Guided Meditation 101..... **\$30**
- Tap Dancing: Beginner, Intermediate, Advanced ..... **\$60**
- Intro to Ballet ..... **\$60**
- How to Shoot Pool ..... **\$45**
- Learn to Bowl..... **\$69**
- Intro to Nia..... **\$30**
- Strength, Core and Cardio ..... **\$65**
- Yoga for Joy ..... **\$60**
- Tai Chi for Healthy Aging..... **\$40**

#### Trips and Travel

- Troy Music Hall..... **\$10**
- Met Opera at Crossgates ..... **\$42**
- Via Aquarium and Druther's Lunch..... **\$59**
- Cross Country Ski Lesson..... **\$80**
- Krause's Candy Tour..... **\$10**
- Silk Scarf Workshop..... **\$59**
- Albany Mural Tour ..... **\$10**

#### Art Events

- Soap making 101..... **\$29**
- Zentangle ..... **\$29**
- Watercolor Workshop..... **\$15**
- Flower Study – Acrylic Painting .. **\$33**
- Rubber Stamping Art..... **\$10**

Quilted Hearts ..... **Free**

Button Club Surprise Event ..... **Free**

Many Club and Social Events, including Bingo, bridge, cribbage, knitting, Rummi-cube, cornhole, mahjong, book club, writer's workshop and movies.

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



THE CENTER is underwritten by:  
 Transportation Sponsor: **MVP** HEALTH CARE  
 Programmatic Sponsor: **CHHP**

## HANDY PERSON NEEDED!

### REWARDING AND GET PAID!

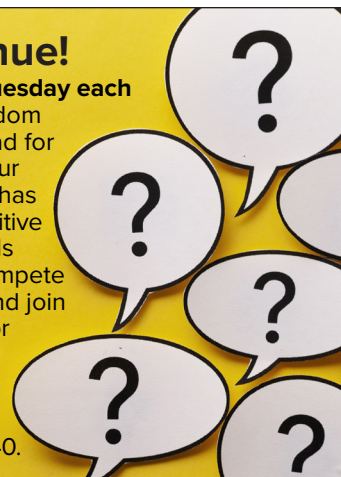
Umbrella of Colonie, a program of Colonie Senior Service Centers, CSSC connects senior homeowners with retired handy men and women who help perform simple home repairs at a reasonable cost.

Call Umbrella of Colonie at 518-459-2857 ext. 302 or email sherald@colonieseniors.org

## Trivia Tuesdays Continue!

Join in as trivia continues on the **2<sup>nd</sup> Tuesday each month at 2 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 January 10th. To register to attend, please call Louis at 518-459-2857 ext. 340.



## A Night of Holiday Wonder

Thank you to the Mendelssohn Club of Albany for their performance and free holiday concert at the Tree Lighting ceremony on November 30 at The Beltrone Living Center. The fellowship and spirit of joy felt by all in attendance was the perfect way to begin the holiday season.



## 2023 Resolutions



*"To just be happy with the people I work with"*



*"To start traveling again"*



*"Be healthy and continue to help people"*



*"To do something creative everyday"*



*"Continued good health"*



*"To do more things on the weekends like biking and hiking, and visiting my children"*



## A Moment in Time on the Move...

The beautiful photographic exhibit "A Moment in Time" will be moving to The Stedman Room at the Colonie Library, 629 Albany Shaker Road Loudonville, NY 12211, for the month of January. If you were unable to view the exhibit at The Beltrone Living Center, please stop by the library to see this oral history pictorial project.

## Food Bank Distribution Calendar Reminder

On the 2<sup>nd</sup> Tuesday of each month, CSSC makes food items like produce, staples and frozen meats from The Regional Food Bank available from 11:30 a.m. – 12:30 p.m. during our congregate meal service. Those who are in need are welcome to participate. **Please bring your own reusable grocery bag.** This month distribution takes place on **Tuesday, January 10**. For additional information or questions, please call Diane at 518-459-2857 ext. 305.



## Art Exhibit Reception

**January 16, 2023 at 4:00 p.m.  
in the Gallery Hallway of  
The Beltrone Living Center**

**RECEPTION  
IS OPEN TO  
THE PUBLIC**

The award-winning nature photography of Scott Stoner and Denise Hackert-Stoner of Naturelogues has been widely exhibited, and has appeared in publications such as Birdwatching, National Wildlife, New York State Conservationist, and many others.

Denise and Scott donated many of the photos for the new visitor center at the Five Rivers Environmental Education Center, and are long-time judges for the Albany Pine Bush's annual photo contest.

Scott is retired after a 31-year career with the NYS Department of Environmental Conservation. Denise is an ordained priest in the Association of Roman Catholic Women Priests.

Through their small local business, Naturelogues, Denise and Scott offer natural history slide programs and nature photography workshops for adults and children as well as sales of their nature photography and note cards. To see more of their work, please visit them at [naturelogues.com](http://naturelogues.com).



## Stock up for the New Year

Do you know someone buying their first home, moving into a new apartment or in need of a tool they don't have? Why buy new when "like-new" works just as well and is affordable? The ToolBox has a wide assortment of tools, gadgets and gizmos that make a great gift for the person just starting out or for someone who is already a Mr./Ms. Fix-It. Plan ahead for that New Year project or task on the "Honey-Do" list. The ToolBox has something for everyone!

Located at 143 Troy-Schenectady Rd, Watervliet, the shop is open Tuesday through Saturday from 10 a.m. to 2 p.m. Stop in!



## Virtual Program

For those seniors who may be homebound due to illness, distance, physical limitations, or no access to reliable transportation, Bright Horizons offers participants weekly virtual programming. Alternating weeks at 10 a.m., one week on Mondays for programming and the next week on Wednesdays for Tai Chi. A Zoom link is sent for access which is easy to use. Sent ahead of time on the day of the program, you simply click on the Zoom link to be admitted to the group. Participants enjoy music, exercise, memory trivia games, special guests, and unique program events. We encourage you and your caregiver to share any program ideas you may have so we can incorporate your interests. Sarah Perkins, Program Manager, coordinates the experience, and keeps everyone engaged in a multitude of activities throughout the one-hour virtual presentation.

There is no cost to participate. We encourage you to try it for free. Please contact Sue Napierski, Director of Bright Horizons at (518) 459-7967 to share your email address so we can send a link for the next program. We look forward to having you and your loved one join us. The Virtual Program is a great way to stay connected to others from the comfort of home.



## Searching for Timbuctoo

Screening and Question-and-Answer with Paul Miller, Filmmaker

**SEARCHING FOR TIMBUCTOO** tells the little-known story of a Black settlement, established in the wilds of upstate New York, that brought together a group of ardent abolitionists willing to risk their fortunes, their families, and their futures to destroy slavery. Little did they know that by coming together, they would help tear the nation apart.



Paul Miller is a writer, filmmaker and photographer based in upstate New York. As a 20-year veteran of broadcast and cable television, he has worked for national shows and networks, including The History Channel, National Geographic Channel, PBS, and The Oprah Winfrey Show.

Free for all. Monday, February 6, 3:00 p.m., at The Beltrone Living Center with question-and-answer session to follow.

## Get the Most for your Buck in the New Year!

When times feel tough, CSSC offers budget-wise solutions to help you stretch and save your dollars.

**Transportation Services**-Riders, age 60+, can register for transportation services. Save gas, worry and avoid the weather with a scheduled ride from CSSC.

**Join The CENTER.** For only \$20 annually, you can participate in stimulating trips, classes and activities to help keep you healthy and active. You'll earn your money back in no time with Member reduced rates.

**Congregate Dining** saves you time and money for meal prep and groceries. Why cook when you can enjoy a delicious meal for a suggested contribution of only \$3, and surrounding yourself with good company has the added benefits socialization brings like brain activity and reduced stress. Don't forget to make your reservation!

**Defensive Driving classes** offered twice monthly save you an average of 10-30% on your annual car insurance rates.

**Join Umbrella of Colonie** and save on the cost of home repairs, cleaning, and maintenance. Membership fees, based on annual homeowner income, offer access to low-cost handy people for a variety of home projects.

**The ToolBox** at 143 Troy-Schenectady Rd (Rte 2) offers re-sale tools and items for household use. Why pay full price when "new to you" is new to you and works well too!

On the 2<sup>nd</sup> Tuesday each month, **CSSC distributes food items from The Regional Food Bank** to help battle food insecurity. Supplement your grocery bill with basic items and **be sure to bring your own reusable grocery bag.**



## Senior Dining Program

### January 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. **Menu is subject to change.**

**Special Lunch – January 6<sup>th</sup> at Noon:** “As Iz” (Izzy Singer) is an Albany, NY area based one-man band, songwriter, and multi-instrumentalist. Izzy has performed and recorded his music since the late 1980s. He will play a mix of original songs plus classic covers from artists such as The Beatles, Johnny Cash, The Byrds, Ricky Nelson and more! Lunch served will be Chicken Cacciatore, Rice Pilaf, Sautéed Spinach, Green Salad and a blondie.

**Lunch & Learn – January 9<sup>th</sup> at Noon:** Come enjoy lunch with the community and listen to Alexandra Wolfe, Master in Social Work, a Volunteer Coordinator and Family Advocate at the Albany County Crime Victim and Sexual Violence Center speak about the work they do for our community, and about volunteer opportunities to help

January 2023 Menu		Menu items are subject to change	
1/2	CLOSED Day After New Year's Day	1/16	Closed MLK Day
1/3	Chicken Pesto Lasagna	1/17	Meatloaf
1/4	Salmon Cakes	1/18	Chicken & Dumplings
1/5	Spinach Fritta	1/19	Bacon, Shrimp & Corn Chowder + ½ Turkey Sand
1/6	Special Luncheon Chicken Cacciatore	1/20	Shepard's Pie
1/9	Lunch & Learn Shrimp Scampi	1/23	Lunch Chicken Plicata
1/10	Goulash	1/23	Special Dinner Swedish Meatballs
1/11	Cream of Broccoli Soup + ½ Turkey Sand	1/24	Baked Ham w/Peas + Scalloped Potatoes
1/12	Pizza Day	1/25	Seafood Mac & Cheese w/Broccoli
1/13	Sausage w/ Peppers & Onions	1/26	Minestrone Soup + ½ Roast Beef Sand
		1/27	Antipasto Salad + Italian Wedding Soup
		1/30	Stuffed Pepper
		1/31	Irish Beef Stew

victims. Lunch served will be Shrimp Scampi over Angel Hair with Peas, a Caesar Salad and a blondie.

**January 23<sup>rd</sup> at 5:00 p.m.:** Come see Joe Gorman – singer, songwriter and vocalist perform and enjoy a tasty meal with the community! Dinner served will be (subject to change) Swedish Meatballs with Egg Noodles, Green Beans, Caesar Salad and a Ice Cream Sundae.

## Donations in Action – Through CSSC seniors are active!

- 1 Thank you to Albany County Sheriff Craig Apple and his deputies for delivering hot turkey meals with all the fixings to our residents at Sheehy Manor!
- 2 A full house of seniors for the International Diners Club event at John Riccitello 's Restaurant, in Schenectady.
- 3 An incredible trip visiting and learning about Cohoes, NY. Thank you to Mayor Keeler, Theresa Bourgeois, Spindle City Historic Society, Mel & Joy from Cafe Con Mel, and Artist Bob Gullie.
- 4 We visited Crailo State Historic Site and we became part of a hearth cooking demonstration!
- 5 A trip to learn about recycling at County Waste & Recycling of New York
- 6 In honor of National Family Caregivers Month, the Bright Horizons Adult Day Social Program held their Annual Thanks for Caregiving event Guest speaker was, Ginger McGehee, Albany County Program Manager for The Alzheimer's Association of Northeastern NY.
- 7 2022 Veterans Recognition Luncheon, honoring those who served and bridging generations with the Albany JROTC.
- 8 Thank you to the Mendelssohn Club of Albany and the Redemption Church Choir for performing at the 2022 CSSC's Holiday Concert and Tree Lighting!
- 9 A very well attended Snowflake Creation Workshop at THE CENTER at CSSC. Beautiful holiday creations!
- 10 A great outing at Dough Haven Farm learning about the wonders of mushrooms: how to grow, harvest and cook them.



## 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  
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### Administrative Operations and HR

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### Transportation Services

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### The Beltrone Living Center

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### King Thiel Senior Community and Sheehy Manor

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

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ORGANIZATION  
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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.

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Ethel C. Abdelnour	Anthony Eldering	Helene K. Kruse	in memory of Louisa Picker
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in memory of Christine Suruda	in memory of Lucy Farmer	Barbara Oliver	Sarah Wellen
Edward Cross	Sally Jack	Alphonse Palladino, Sr.,	John Weyand
Herb Dahlem, in memory of	Marion Jaffarian	in memory of Christina Palladino	Florence M. Whitney
Jean Myers, my Godmother	Pat Jenner	Joseph and Mary Park	Edward Wilkes
Lily Delphy	David Jones	Ruth Peckenpaugh,	Ralph & Janet Winne
Anna DeSorbo	Mary Keane	in honor of the CSSC Staff	Womens Association of
Phillip DiNovo,	Alicia Kelley	James and Margaret Pelgrin,	Roessleville Presbyterian Church
in memory of my parents	Susanne A. Kenneally	in memory of James Pelegrin	Joe and Nancy Ziegler
Paul E. Dominski	Carol A. Kennedy,	Cindy Pettit	As of November 30, 2022
Susan M. Dufur	in memory of Bernard Kennedy		