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SENIOR CONNECTIONS

MARCH 2023 | Volume 37, Edition 3

“How to Defuse a Bomb: The Project Children Story”, Feature Documentary About How the Efforts and Persistence of Project Children Forged the Pathway for Peace in Northern Ireland

Colonie Senior Service Centers, Inc. along with the Irish American Heritage Museum, the Albany AOH and LAOH, and the Watervliet AOH are honored to host a meet and greet along with a viewing of “How to Defuse a Bomb: The Project Children Story”, a powerful feature documentary film that celebrates the unsullied hard work and dedication of the Project Children Charity and one of its founding members, Denis Mulcahy, a retired and highly decorated NYPD Bomb Squad Officer who has twice been nominated for the Nobel Peace Prize. The film documents the pursuit of reconciliation in Northern Ireland, through the medium of its children. Offering over 22,000 children a six-week summer reprieve in upstate New York from the intrinsic, sectarian violence of “The Troubles” in Northern Ireland, this extraordinary tale resonates to all that is good in this world.

The event will take place on **Wednesday, March 1** at Colonie Senior Service Center's Beltrone Living Center, 6 Winners Circle, Albany, and will consist of a meet and greet reception with Denis Mulcahy from 5:00 to 6:00 p.m., the viewing of the documentary from 6:00 to 7:30 p.m., and a question-and-answer period afterward. We are anticipating a large turnout. **There is no fee to attend.**

About the Film

Narrated by Liam Neeson and written/directed by Des Henderson, “How to Defuse a Bomb: The Project Children Story” is an inspiring documentary focusing on the Project Children charity, whose work aimed at enlightening children of “The Troubles” that a non-violent existence was feasible and peace in Northern Ireland was possible once you embrace the other side.

The film hosts interviews from Denis Mulcahy and his brother, Pat Mulcahy, who along with others, founded the charity in 1975. It also offers raw accounts on the experiences of the host families and the now adults, who participated as kids in the program. The dip back in time to the interview archives from the 1970's offers powerful accentuation of the impact this program has had on the direction of so many lives. Former US President, Bill Clinton is also featured in the film, following Denis' fundamental role in the work of reconciliation in Northern Ireland, along-side Mr. Clinton.

“How to Defuse a Bomb” is a formidable film that tells the authentic story of real people, whose lives are now changed forever. It is imperative for the world

to see this show. Although its predominant focus is on Northern Ireland, the documentary's message highlights the need for a cohesive, visionary approach to surpass the complications of conflict.

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

Link to official trailer: <https://vimeo.com/180118286>



Message from the Executive Director

Happy March!



March 1, World Compliment Day

March 2, Dr. Seuss Day

March 17, St. Patrick's Day

March 20 – 26, Act Happy Week

March 20, Spring Begins!

March 22, As Young As You Feel Day

"An attitude of gratitude makes us joyful."

I am incredibly grateful for my Irish heritage. I embrace the Irish culture of music, food, and stories, and share a deep appreciation and love for the Country of Ireland. From an early age, my dear late mother Bunny dragged me to Irish jig lessons at the South Troy AOH and always made sure we were present for any and all St. Patrick's Day Parades and corned beef dinners. I distinctly remember my Grandmother Catherine Kennedy-Conroy begging me to go to Ireland with her when I graduated from Shaker High School in 1983. In fact, I received a bright colored set of Samsonite Luggage as one of my graduation gifts in anticipation of this trip. But I declined. Being fairly well read and incredibly naive, I was afraid of encountering "The Troubles" and rubber bullets which I witnessed on the news and in the press. I had absolutely no interest being part of that conflict even as a spectator. Poor stupid me. I regret that decision.

My husband, Joe and I have been able to visit the "Green Isle" on several occasion over the last two decades traveling throughout the county; from Belfast to Dingle and from Galway to Dublin. We have chased my Irish genealogy, met famous members of the Irish band Aslan, brought my son Louis to Ireland to unsuccessfully convince him to continue his education at Trinity and found an abandoned castle in a cow pasture that was supposedly owned by my Kennedy clan in County Tipperary.

But I also grew to appreciate the reason that made my great, great grandparents give up everything they knew, everything that was familiar to them, to come to America. My hardworking ancestors were fighters who stood up for themselves and others. I was also taught to stand up for those who are shunned or looked down upon, to be the voice to someone

who doesn't have one, and to look toward others with compassion and understanding, to defend the weak amongst the strong and powerful. My message to those in our community trying to take advantage of those who don't have a voice is that you can't underestimate the resolve of people. I am a firm believer that everyone deserves happiness, regardless of age, race, religion, sexual orientation or their condition in life. All of us at CSSC take tremendous joy when we inspire others to rise above their situations and make the most out of their lives even in their older years. Through our programs, activities and services, we design common ground so that community can be created.

In this regard, CSSC's March calendar is packed with all sorts of opportunities to participate. One event I am incredibly proud of is the hosting of "How to Defuse a Bomb: The Project Children Story" on Wednesday, March 1st at 5:00 p.m. Narrated by Liam Neeson and written/directed by Des Henderson, "How to Defuse a Bomb: The Project Children Story" is an inspiring documentary focusing on the Project Children charity, whose work aimed at enlightening children of "The Troubles" that a non-violent existence was feasible and peace in Northern Ireland was possible once you embrace the other side. Denis Mulcahy, who is part of the documentary and has been nominated twice for the Nobel Peace Prize will be with us for the viewing. The event is free and open to the public. I hope you can join us for the incredible event.

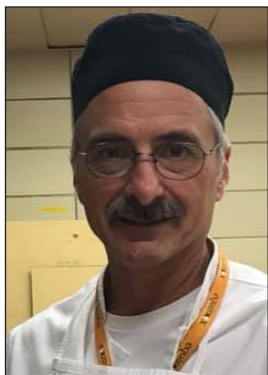
Finally, on a personal note, I want to thank everyone who contributed to this year's Warmth of Winter, which occurred on Thursday, February 16th. From the event committee chaired by the amazing Andrea Crisafulli, to our sponsors, honorary committee participants, auction item donors and attendees, thank you, thank you, thank you... we are so grateful.

"May the raindrops fall lightly on your brow, may the soft winds freshen your spirit, may the sunshine brighten your heart, and may the burdens of the day rest lightly upon you."

Slainte,
– Diane Conroy-LaCivita



Chef Joan Dembinski



Chef Paul Strasser

April's Healthy and Local Cooking Class – "Healthy Spring Cooking"

Welcome spring with bright flavors and seasonal ingredients.

Join us on Thursday, April 6, from 11:00 to 12:00 noon, when well-known Chefs Joan Dembinski and Paul Strasser will join up to demonstrate local, healthy recipes using spring's harvest and Paul's fabulous spices that can be put together easily and in no time at all.

Class will take place at King Thiel Senior Community, 17 Elks Lane, Latham, 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.



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

March's Outing – Irish Anyone?

Join Diane on her next scheduled international excursion to the Parting Glass on Wednesday, March 8 at 5:30 p.m. (CCSC buses will leave BLC and KTSC at 4:45 p.m.)



Opening on Saint Patrick's Day in 1981, The Parting Glass is said to be the oldest continuously run bar & restaurant in Saratoga Springs. In the 1990s The Parting Glass had the honor of being voted one of the top ten great places to toast the luck of the Irish by USA Today. They derive their name, "The Parting Glass" from a beautiful song and poem that wishes everyone a safe journey home after having their last drink of the night, "The Parting Glass".

The cost of the meal/outing is \$39 which will include a buffet of Irish inspired dishes including corned beef & cabbage, boiled potatoes and carrots, Irish Shepard's Pie and homemade Jameson Irish bread pudding. Coffee/tea is also included. The restaurant will put on some drink and beer specials for our group. Bring your dancing shoes, Celtic music will start at 7:00 p.m. and we plan to listen to a set.

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.



Free Community Concert Featuring the Mendelssohn Club of Albany

Just in time for St. Patrick's Day, on Wednesday, March 15 at 5:30 p.m., Colonie Senior Service Centers, Inc. will be hosting a Free Community Concert featuring the Mendelssohn Club of Albany in the Lakeview Room at The Beltrone Living Center, 6 Winners Circle, Albany. The group will perform a variety of traditional Irish/Celtic pieces.

Since its inception in 1909, the Mendelssohn Club of Albany has become the longest continuously performing arts group in the Capital District of New York State. The group is composed of men with a variety of occupations and interests who live in the greater Capital District, Hudson Valley and Berkshires. The Club is dedicated to preserving and presenting male choral music and blends musical experiences with fellowship for members through rehearsals, concerts and other musical events, afterglows and social gatherings. Refreshments will be served.

This event is free and open to the public. For additional information, please contact at 518-459-2857 ext. 340.

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.



Neighbor Helping Neighbor

As an agency, CSSC continues to support local residents as a good neighbor. Our monthly food distribution day helps those in need. Join us on **Tuesday, March 14th from 11:30 a.m. – 12:30 p.m. at The Beltrone Living Center. Please bring your own reusable grocery bag.** The number of participants attending continues to grow. We ask for your patience and kindness extended to all involved. We do our best to ensure that everyone in attendance receives assistance. Thank you.



Defensive Driving Classes

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

- **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.**
- **Saturday, April 8, 2023, from 9:00 a.m. to 3:30 p.m.**
- **Friday, April 21, 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.





Intergenerational Programming at Bright Horizons Adult Day Social Program

"Intergenerational programming," as defined by the National Council on the Aging, involves those "activities or programs that increase cooperation, interaction or exchange between any two generations. It involves the sharing of skills knowledge or experience between old and young."

The United States is in the midst of a profound demographic transformation with both younger and older people making up an increasing proportion of the population. Ninety-two percent of Americans believe intergenerational activities can help reduce loneliness across all ages.

Bright Horizons Adult Day Social Program believes in the power of intergenerational programming. It is truly magical! Most of our senior members at Bright Horizons suffer from Dementia or Alzheimer's Disease. They struggle with short-term memory loss quite a bit. Working with a younger person, and living in the moment brings back a number of memories from their past. They remember and share experiences of when they were younger. We work with Sand Creek Middle School students who bring board games in from home and teach our senior members how to play the games. We also have had young students from the Music Studio who have come in to sing with our senior members. We currently have Social Work interns from Siena College and Human Services interns from Hudson Valley Community College. Our program volunteers are a mix of old and young individuals who share their time and talents with our senior members. Interacting with older adults helps young people enhance their communication skills, and develop positive attitudes about aging, problem solving abilities, social networks, and a sense of purpose.

A few other things to keep in mind about the benefits of intergenerational programs include: Reduces a sense of isolation for the older adult and potentially lessens depression. All generations working together learn new skills. Helps younger generations understand aging and face their own more positively. Dispels negative stereotypes and encourages bonding among generations. And last but not least for the younger generation who do not have grandparents or other seniors in their lives, engaging with older adults fills a social gap.

– Sue Napierski, Bright Horizons Director

"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.

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

Books chosen for this program are as follows:

- 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.



Tentatively Scheduled Sacred Space for March The Chapel at Oakwood Cemetery

Hopefully the journey continues in March, as we plan a trip to the Chapel at Oakwood Cemetery.

Organized in 1848 at the height of the rural cemetery movement and now a National Historic Landmark, Oakwood Cemetery is both graveyard and garden and spreads over 280 acres of wooded parkland north and east of the City of Troy and the Village of Lansingburgh. As one of the most exceptional rural cemeteries in the United States, the grounds of Oakwood feature beautiful trails, several ponds, sculptures, and stonework. Oakwood commands views of the Hudson River Valley.

As of this newsletter printing, an exact date/time for this outing cannot be provided. If you are interested in being placed on a list to participate please call Madeline at 518-459-2857 ext. 340. She will contact those interested once dates and details are finalized.

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



Save the Date

In honor of Jazz Month, performer, Maggie MacDougall Trio will present "Language of Jazz" in The Lakeview Room at The Beltrone Living Center on Monday, April 3, 2023 from 4:00 – 5:00 p.m. This concert is free and open to the public thanks to the support of The Music Performance Trust Fund. You won't want to miss it!

THE CENTER at CSSC

THE CENTER at Colonie Senior Service Centers announces March 2023 classes and events. **THE CENTER** is a place for individuals 55 years of age or older to learn, grow, exercise and be creative. Best of all, it's a place to have fun! We are so excited about these offerings, and look forward to sharing them with you. Please note, there is a \$20 membership fee. Classes here are listed as member and not-yet-member prices.

These classes start in March, or can be joined in March. Please call for dates, times and to register.

Call 518-459-2857 x 327 or cbarrett@coloniesenior.org.

Wellness and Exercise

Guided Meditation 101.....	\$30/\$40
Tap Dancing: Beginner, Intermediate, Advanced.....	\$60/\$70
Intro to Ballet.....	\$60/\$70
How to Shoot Pool.....	\$45/\$55
Intro to Nia.....	\$30/\$40

Strength, Core and Cardio.....	\$65/\$75
Yoga for Joy.....	\$60/\$70

Art Events

Watercolor Workshop.....	\$30/\$40
Rubber Stamping Art.....	\$10/\$20
Meditation Intention Boxes.....	\$25/\$35
Ukulele.....	\$45/\$55

Trips and Travel

It's a Wrap Tour at Albany Institute of History and Art.....	\$20/\$30
Diane's Secret Tour.....	\$20/\$30
Coffee, Anyone?.....	\$10/\$20
Bond in Motion, Saratoga Auto Museum.....	\$45/\$55
Irish American Heritage Museum.....	\$45/\$55
Hamilton at Proctor's.....	\$89/\$99
Albany Pub Crawl with Discover Albany.....	\$20/\$30
Maple Syrup Tasting.....	\$10/\$20
Dancing Grain Farm Brewery.....	\$29/\$39
Bronx Zoo.....	\$49/\$59

Club Events

Free and open to members only.
 Mondays at 1:00 p.m., Mahjong
 3rd Mondays at 1:00, Book Club
 Mondays at 2:00 p.m. (select dates), Movies
 1st & 3rd Mondays at 1:00 p.m., Writer's Group
 Tuesdays at 12:30 p.m., Bridge
 Wednesdays at 1:00 p.m., Bingo
 Wednesdays at 1:00 p.m., Cribbage
 Thursdays at 10:00 a.m., Cornhole
 Thursdays at 1:00 p.m., Rummikub
 2nd & 4th Fridays, at 10:00 a.m., Widow's Meetup
 Fridays at 1:30 p.m., Knitting

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



ON AIR

RSVP Virtual Literacy Project

Do you have a favorite children's book that you enjoyed reading to a little one? RSVP of the Capital Region is seeking volunteers to read their favorite K-3 children's story on camera. The project involves filming 10–12 volunteers reading their favorite story book and then the compilation will be made available to interested schools or groups as a Story Hour resource. Volunteers should choose an appropriate book that takes a few minutes to read—no chapter books please. Participants should practice reading the book so that they are comfortable with the story and can be expressive while reading. The Program Director will review each book choice. Volunteers will be filmed by CSSC staff on Tuesday, March 14 between 10 a.m. and 2 p.m. in the Library at The Beltrone Living Center. RSVP volunteers will be given hours for the time provided to the project. If you're interested in this Virtual Literacy Project, contact Kristin Vivian, Director RSVP at 518-459-2857 ext. 308 or kvivian@colonieseniors.org.

NADTC

In February, Diane and CSSC Finance Director Andy Koenig were invited down to Washington, DC to present on a \$70,000 grant which was previously awarded by The National Aging and Disability Transportation Center (NADTC), administered by USAging and Easterseals. CSSC was one of seven communities in the country given funding to support the implementation of innovative programs for equitable and accessible transportation. With funding from the grant, CSSC has expanded its transportation services to both the City of Watervliet and the Village of Menands through a pilot program.

If you live in either of these municipalities and want to take advantage of this program, call James Kyme, CSSC Transportation Services Director at 518-459-2857 ext. 301.



RSVP Reaches Out

The Volunteer Station Fair held on 2/10 at the John Paine Mansion in Troy helped RSVP successfully connect with participating community-based organizations and new volunteers in Rensselaer County. The event was well attended and those in attendance marveled at the beauty of the historic setting. A special "thank you" to RSVP Volunteer Stations who joined CSSC in attendance: CEO, Unity House, Grafton Lakes, ICCR, SPHP, WERC, Military Courtesy Room, Shaker Heritage, Eddy Village Green, The Legal Project, and Joan Nicole Prince Home. Our appreciation also extends to The City of Troy and Rensselaer County Office for their support.

Special thank you to the City of Troy Mayor, Patrick Madden who took time to visit us at the fair.



Thank you Spectrum News

Thank you to Spectrum News reporter Aditi Lamba for her coverage of the importance of socialization and mental wellness in older adults. Aditi visited January's Healthy Cooking Workshop at King Thiel Senior Community and interviewed 2 of our residents, Maura Seymour and Brenda Baskerville, who shared their thoughts in wonderful ways. Thanks Aditi for shedding light on this important topic and including CSSC in the coverage.



The Birds are Spring Singing and So Should You!

As spring approaches and birds return, we enjoy the sweet sound of their songs in the air. What a lift to our spirits after the long, cold winter. The gray dissipates as the bird songs lift our spirits toward spring. The same could be said of the voices shared by The Forever Young Singers, a choral group celebrating song at each 1 p.m. rehearsal, Thursday's at The Beltrone Living Center. Spring into song to exercise your lungs, engage your mind, create new friendships, and have fun! New members are always welcome.

Forever Young Singers
is sponsored by:



(AP Photo/Mary Altaffer)

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.

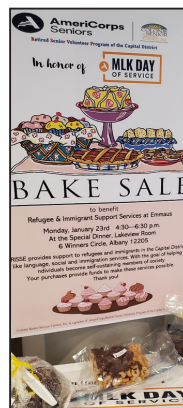
Interested in being in this year's St. Patrick's Day Parade on Saturday, March 11, 2023? CSSC will have two CSSC buses riding in the parade and we are looking for fun, friendly and green-wearing seniors to ride in our buses along the parade route, smiling and waving to the parade goers. If you are interested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

A Taste of Ireland – Community Drive Thru

Back by
Popular
Demand

On Thursday, March 16, 2023, Colonie Senior Service Centers will be working with Mazzone Catering to create an authentic to-go meal entitled "A Taste of Ireland." The dinner meal will include Irish stew, corned beef, boiled potatoes, a root salad, Irish Soda Bread and Chocolate-Guinness cake for dessert. Meals may be picked up at The Beltrone Living Center, 6 Winners Circle, Albany, between 4:00 and 5:00 p.m.

For those who have difficulty getting to The Beltrone, CSSC will make home deliveries within a small radius of 6 Winners Circle. The cost for the meal is \$16. To make a reservation, please call 518-459-2857, ext. 340.



RSVP Honorary MLK Day of Service Bake Sale a Huge Success!

Thanks to the delicious treats contributed by volunteers to the RSVP Honorary MLK Day of Service Bake Sale for RISSE (Refugee and Immigrant Support Services of Emmaus), and the generous contributions, purchases and donations of the senior community, and staff of CSSC, \$340.00 was raised! These funds will be donated to RISSE for the needs of those supported by their services.

Thank you to all who participated!

Aging with Pride

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 an safe and accepting space. Join us Friday, March 24th 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.



Mother's Day Fashion Show and Luncheon

**Friday, May 5, 2022
at The Beltrone Living Center
Lakeview Room**

Senior Dining Program

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, March 10th at 12:00 Noon: Come listen to "Irish Don", Don Kelley, sing and play guitar to Irish folk and rebel music to celebrate St. Patrick's Day! Lunch Served will be Vegetarian Antipasto Salad & Italian Wedding Soup.

Monday, March 20th at 5:00 P.M.: Come see "The Forgettable Four" quartet and eat a Corned Beef dinner with your community! "The Forgettable Four" is an a cappella quartet formed in 2014 by four members of "The Electric City Chorus" – Chuck Farone (Baritone), Don Cotugno (Bass), Scott Rigney (Lead, melody) and Dave Iovinella (Tenor).

Tuesday, March 21st at 12:00 Noon: Come hear Ginger McGehee, program Manager of the Alzheimer's Association of Northeastern New York for a Lunch & Learn titled "Know the Ten Warning Signs of Alzheimer's Disease which

March 2023 Menu Menu items are subject to change			
3/1	Chicken & Dumplings	3/20	Pasta Fagioli w/Sausage
3/2	Bacon, Shrimp + Corn Chowder & ½ Turkey Sandwich	3/20	Special Dinner Corned Beef + Cabbage
3/3	Shepherd's Pie	3/21	Lunch & Learn Oven Baked Fish Sandwich
3/6	Chicken Piccata	3/22	Cornflake Chicken
3/7	Baked Ham + Scaloped Potatoes	3/23	Beef Tips over Egg Noodles
3/8	Seafood Mac & Cheese w/ Broccoli	3/24	Cheese Tortellini Soup + ½ Rst Beef Sandwich
3/9	Chicken Parmesan	3/27	Pulled Pork Sandwich
3/10	Special Lunch Vegetarian Antipasto + Italian Wedding Soup	3/28	Special Lunch Chicken Pesto Lasagna
3/13	Stuffed Pepper	3/29	Salmon Cakes
3/14	Irish Beef Stew	3/30	Spinach Frittata
3/15	Chicken Cordon Bleu	3/31	Chicken Cacciatore
3/16	Spaghetti + Meatballs		
3/17	Garlic Herb Baked Cod		

will cover the 10 warning signs of Alzheimer's disease, as well as compares the Alzheimer's disease to that of normal aging so folks can be informed of the difference. Lunch Served will be an Oven Baked Fish Sandwich.

Tuesday, March 28th at Noon: Come see the Albany Area Senior Orchestra perform and eat

lunch with the community! The group was founded in 1977 and consists of 50 members with just about all orchestral instruments covered! Their music is as diverse as their members - playing show tunes, classical pieces, and Sousa marches. Lunch Served will be a Chicken Pesto Lasagna.

Donations in Action – Through CSSC seniors are active!

- Seniors with THE CENTER at CSSC enjoyed history, art, fun, food, new sites and friends, both old and new. And Dr. Seuss, too! All in one fantastic day at Springfield Museums.
- Even frigid weather could not keep over 100 seniors from attending CSSC's special luncheon with local entertainer Clara Page!
- Seniors were back at it today: healthy and active aging! They learned how to cross-country ski at Lapland Lake in the Southern Adirondacks.
- Soapmaking 101 at The Beltrone Living Center!
- They say that chocolate makes life better and we agree! A huge thank you Krause's Homemade Candy for taking the time to show us the art and craft of chocolate, from beginning to end.
- International Diners Club outing to Tighe's Bistro Americana, in Averill Park, with 66 community seniors in attendance!
- We learned a lot about dyeing fabric, printmaking, color and design. Thank you Ragged Edge Printmaking Studio and the wonderful Kathy Klompas!
- RSVP volunteers and staff assist in giving way over 3+ tons of food at The Beltrone in collaboration with the Regional Food Bank's monthly food drop. Hundreds of area seniors take advantage the 2nd Tuesday of every month.
- A full house with over 40 attendees and Aditi from Spectrum News learning about the Chinese New Year and preparing egg fried rice from Jiy Wang and Kirk Huang from the China-US Friendship Association.



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

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

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Permit No. 74

Warmth of Winter

Thank You...

to the sponsors, supporters, and attendees of the 2023 Warmth of Winter for another successful event!



With your support at this year's event, you have helped to heat the homes of over 200 seniors who struggle to pay their high heating bills over the winter months. Proceeds from the event go toward members of Umbrella of Colonie and seniors throughout the Capital Region.