

Let's Celebrate Summer!



Monday, June 26, 2023 from 2:00 – 6:00 p.m. at The Beltrone Living Center, 6 Winners Circle, Albany.

Back by popular demand, come join Colonie Senior Service Centers, Inc. for Summerfest, a senior community block party open to the public!

Featuring an Active Aging Fair, Live Music, Vendors and Car Show with FREE Admission.

Bring your lawn chair, dancing shoes and appetite.

Live music under the south end pond gazebo all afternoon will include CSSC's Forever Young Singers, local band favorite Jade and Fritz's Polka Band from Verona, NY. Additionally, there will be a car show, games to participate in such as a cornhole tournament, "Lucky Duck" and motorboat races on the pond. Food and beverage will be available for purchase.

Inside the Lakeview Room, CSSC's Active Aging Fair will take place featuring 30+ vendors including healthcare providers, retail, law firms, area banks, community nonprofits, and more. Mazzone Hospitality will be selling a variety of summer food favorites. NYS wine and beer will be available for purchase as well.

We hope to see you there!

For additional information, please contact Sharon at 518-459-2857 ext. 302 or visit www.colonieseniors.org.

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Active Aging Fair and Summerfest Sponsors

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Not shown at actual size. While supplies last!
Stop by the AmeriCorps Senior/RSVP volunteer tent
and receive **FREE** sunglasses.

Message from the Executive Director



Happy June!

June 14 – Flag Day

June 18 – Father's Day

June 19 – Juneteenth

June 20 – World Refugee Day

**June 21 – Summer!
(Summer Solstice)**

**June 26 – CSSC's Annual Active
Aging Fair and Summerfest**

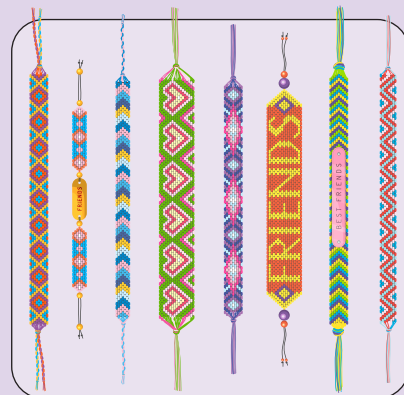
Cherished Friendships – “She who has a friend, has a treasure.”

Our true friends help us and stand beside us especially in our time of need. We trust and rely on them. They are nonjudgmental yet, we appreciate their opinion because it is honest and sincere. True friends are there to celebrate the good times and congratulate the victories.

I have been truly blessed to have some really great friends and cherished friendships. Sometimes, they may have been short-lived because of circumstances beyond our control and others have lasted a lifetime that still endure.

It's funny, I have friends that when originally introduced, we had nothing in common but, our uniqueness to one another is what helped the friendship grow strong. Boy, have I learned really incredible stuff from friends, everything from originally learning to fly an airplane to being able to travel throughout Southeast Asia by ourselves without fear, from baking delicious bread from

scratch to learning the proper techniques to demolish a building. There have been belly laughs and sleepless nights, road trips and wonderful gatherings with real “National Geographic Moments”. None of this would have been possible, if not at least enjoyable, without friends.



With the onset of summer, let us all be grateful to those individuals we have the pleasure of calling our friends. Go out and make some new friends. You can never have enough. May the month of June be filled with good times, beautiful memories and new friendships.

Happy Father's Day to all our fathers, grandfathers and great-grandfathers! We hope to see everyone at CSSC's Annual Active Aging Fair and Summerfest which is taking place on Monday, June 26th from 2:00 p.m. to 6:00 p.m. at The Beltrone Living Center. Bring your dancing shoes, lawn chair and appetite. Fun will be had by all!

Please remember, as a mission driven independent nonprofit, we are here to support older adults stay connected to a healthy, active, and independent lifestyle. We are here for you.

Let the summer season begin!

– Diane Conroy-LaCivita

The Art of Writing an Obituary Workshop



*Photo Courtesy of
Albany Times Union*

All of us who are of a certain age and actually read the newspaper do it, maybe daily. That is read the obituaries. Often times, we scan the obituary pages searching for individuals we knew or recognize. Sometimes we read someone's obit because of the photo or graphic used or their age or the length of the obit. There is truly an art to writing an unforgettable and proper obituary.

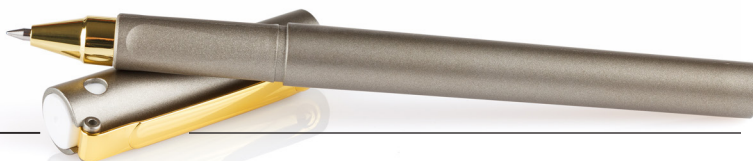
On Friday, June 16, from 10:30 a.m. to 12:00 Noon at The Beltrone

Living Center, local celebrity Paul Grondahl will host an obituary writing workshop.

Paul Grondahl is the Opalka Endowed Director of the New York State Writers Institute at the University at Albany, one of the nation's pre-eminent literary presenting

organizations. He is an award-winning journalist who worked as a reporter for 33 years at the Albany Times Union, where he still contributes a weekly column. He was named director of the Writers Institute in 2017 and is also a distinguished alumnus in arts and letters at UAlbany, where he earned a master's degree in English. He is the author of several books, including political biographies of Albany Mayor Erastus Corning 2nd and Theodore Roosevelt. He recently collaborated with H. Carl McCall on his memoir, Truly Blessed and Highly Favored, published by SUNY Press. He is at work on a biography of Andy Rooney.

Space is limited, registration is required and there will be a little required prep work beforehand. The fee is \$15. For additional information or to register, please call Diane at 518-459-2857 ext. 305.



Sacred Space for June The Al-Hidaya Center

The journey continues on Thursday, June 8 from 10:30 to 11:30 a.m. as we visit the Al-Hidaya Center located at 322 Troy-Schenectady Road in Latham.



The Al-Hidaya Center is a nonprofit Islamic Center with daily and jummah prayers, community activities, adult and youth educational programs, and many other services. Our group has visited the Al-Hidaya Center in the past and previously, the imam has welcomed the group spoken with them about the inside of the building (prayer area, etc.) and taken questions.

The CSSC shuttle bus will leave The Beltrone Living Center at 10:10 a.m. and will return at approximately 11:50 a.m. There is no charge to attend. Reservations are required. Please bring shoes you can remove easily and women will be asked to bring a scarf to cover their head.

To make a reservation, please call Madelyn at 518-459-2857 ext. 340.



Mother's Day Fashion Show and Luncheon

Thank you to our sponsors and attendees who made Colonie Senior Service Centers' 25th Anniversary Mother's Day Fashion Show and Luncheon so special.



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CSSC's International Diners Club – For the Love of Food June's Outing – Italian Anyone?

Join Diane and Scott on their next scheduled international excursion to Civitello's Italian Pastry Shoppe located at 42 North Jay Street in Schenectady on Wednesday, June 14 at 4:00 p.m. (CSSC buses will leave BLC and KTSC at 3:30 p.m.)

On May 8, 1922, Rose Mastrianni and Raffaello Civitello married and together built the family business he founded in 1921, Civitello's Spumoni Shoppe. For generations, Civitello's Italian Pastry Shoppe has been producing delicious Italian cookies, pastries, rum cakes, spumoni, Italian ices, and pizza. And now Civitello's is serving specialty Italian sandwiches and more.

The cost of the meal is \$28, which will include one of the three following entrée choices (eggplant parmesan with salad, homemade Cavatelli pasta with salad or an antipasto salad), a dessert choice (lemon ice or spumoni) and coffee/tea. CSSC Transportation Services are available for those who are unable to drive themselves.

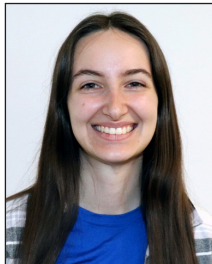
Please note that we are planning to eat our meal outside under a large tent behind the restaurant. To make a reservation, please call Madelyn at 518-459-2857 ext. 340.



Making the News ...

Madelyn Leisenfelde

Madelyn joined CSSC as administrative assistant in November 2022 and is a recent graduate of Hudson Valley Community College, focused on Art and Business classes. She worked at Joann Fabrics, for two years before she came to CSSC. Since she worked in the fabric department, she picked up sewing as a hobby. Madelyn mostly makes quilts, but she has made PJ pants for her dad. In the six months that she has been at CSSC, she has really enjoyed her time and everyone has made her feel welcome!



Suzanne Maloney

Suzanne joined CSSC in April 2023, as Development Director. She's a graduate of the College of Saint Rose. She comes to us from the U.S. Committee for Refugees and Immigrants. Her work experience includes both for profit and nonprofit and service in leadership roles for nonprofits for more than 20 years. She has successful fundraising and events management and has experience in agricultural and environmental work. Suzanne grew up in Colonie and lives here with her husband, Rick Pfeilsticker. She loves flowers, herbs, and works to regenerate her soil to raise unusual flowers and herbs she sells to florists and restaurants locally.



Capital Pride Parade & Festival Sunday June 11, 2023

The Pride Center of the Capital Region will be hosting their 2023 Capital PRIDE Parade and Festival on Sunday June 11, 2023 in Albany's historic Washington Park. The Capital Pride Parade kicks off at 11:45 a.m. starting down State St. onto Lark Street and then Madison Ave. All are welcome! Look for Colonie Senior Service Centers' shuttle bus in the parade!



King Thiel II Ground Breaking


The ground breaking for King Thiel II Senior Community took place on Monday, May 1, 2023 at 11:30 am, Colonie Senior Service Centers, Inc.'s newest affordable independent senior community. Once complete, 99 apartments will be available to rent.

The ground breaking took place at 11 Elks Lane, Latham (the former location of the Colonie Elks) with a reception held directly thereafter at King Thiel Senior Community located at 17 Elks Lane.

Also worth noting, May 1st happened also to be the 6th Anniversary of the opening of KTSC which officially opened on

May 1, 2017 with 96 affordable independent senior apartments. Once completed, KTSC and KTSC II will make a beautiful senior campus complete with 195 apartments and an adjacent three-season senior center open to seniors in the community.





**Ready to Make a Life Change?
Become a Colonie Senior Service Centers, Inc. Resident.**

OPEN HOUSE

**For King Thiel II Senior Community, 17 Elks Lane, Latham.
On Thursday, June 1, 2023 from 3:00 to 6:00 p.m.
at The Beltrone Living Center, 6 Winners Circle, Albany.**

During the **OPEN HOUSE**, interested parties will be able to enter into an **OPTION TO LEASE** agreement with CSSC guaranteeing an apartment in the structure once construction is completed. This will require a down payment of one month's rent. After all 99 units are spoken for, an official wait list will be started.

Colonie Senior Service Centers, Inc.'s King Thiel II Senior Community, which is currently underway, located 11 Elks Lane in Latham is an affordable, \$23.4 million, 99-unit new construction project targeting independent seniors 55+ years of age.

Rent Structure:

For a One Bedroom/One Bath, 2024 rent will be \$1,450 per month plus electricity.
For a Two Bedroom/One Bath, 2024 rent will be \$1,825 per month plus electricity.

This affordable housing project is income based with the expectation that our future renters will **not** have an income exceeding the following:

- For One Bedroom/One Bath renters \$87,000 annually
- For Two Bedroom/One Bath renters \$109,500 annually

Additionally, rents are regulated so the rent cannot go up dramatically over time.

As part of this project, 33 garages will be constructed. Cost for a garage is \$75.00 plus tax (\$81.00) per month.

BBL Construction Services is the developer and CSSC will be the services provider.

Credit cards will **not** be accepted for deposits. There will be a separate \$25 dollar nonrefundable application fee.

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



KTSC II is owned and operated by Colonie Senior Service Centers, Inc. 6 Winners Circle, Albany, NY 12205
www.colonieseniors.org

The Beltrone Golf Classic is Teeing Off in September!



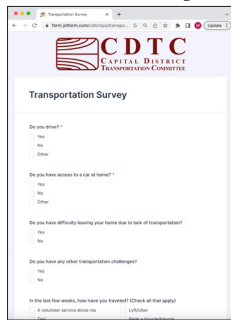
You are invited to join CSSC for the 30th Annual Salvatore R. and Anna E. Beltrone Golf Classic on Monday, September 11th, at Schuyler Meadows Golf Club in Loudonville. This year's tournament will have a shotgun start at 12:15 p.m. and a full flight of golfers. Various sponsorship opportunities are available to fit everyone's needs.

If you would like to join us for The Beltrone Golf Classic or like more information, please contact Suzanne Maloney, CSSC's Development Director, at 518-459-2857 ext. 304 or at smaloney@colonieseniors.org. You may also visit our website at www.colonieseniors.org/event.

This is a great day and way to put your donation into action. We look forward to seeing you on September 11th as we are teeing off for a fabulous day of golf and fun at Schuyler Meadows Golf Club.

CDTC Transportation Survey

The Capital District Transportation Committee and its partners, including Colonie Senior Service Centers, Inc., are updating the regional Coordinated Public Transit – Human Services Transportation Plan for the Capital Region and need to hear from you about your transportation needs and experiences.



The Coordinated Plan summarizes existing services provided by transportation agencies in Albany, Rensselaer, Saratoga, and Schenectady Counties and outlines strategies to address the unmet transportation needs that people have. It is crucial to this effort that they hear from you. Please consider filling out the transportation survey located at <https://www.cdtcmpo.org/transportation-survey> by June 30th, 2023.

New Services Offered at The Beltrone Living Center

Beginning on Mondays in June and open to all, Ellis Rowlands and Kyle Arnold, from All Bodies Wellness, are excited to offer body work at The Beltrone Living Center. With 15 years of experience as a Licensed Massage Therapist, Ellis is a deep tissue specialist and is excited to offer gentle and light touch massage as needed. As a certified Reiki master, Kyle is thrilled to share the gift of this profoundly relaxing work.

These healing modalities can offer great results with stress reduction and relief of muscle tension. To schedule a session, please make contact Ellis at 518-598-3045 or ellis@allbodieswellness.net.



Quilt Code Panels

June's Artist in The Gallery Hallway at The Beltrone Living Center is Barbara Oliver. Her exhibit is entitled "Quilt Code."

The exhibit features a series of twelve educational and descriptive panels of the quilt patterns which guided fugitive slaves to freedom, along with quotes from famous abolitionists. It also includes information on Albany's role in the Underground Railroad, on Juneteenth, and statistics on current day human trafficking which is often described as modern slavery.

Exhibit will be hung and ready for viewing on Thursday, June 1st.



Monkey Wrench



Bear's Paw



Crossroads



Log Cabin



Bow Ties



Flying Geese



North Star



Tumbling Boxes

Happy Father's Day!

No matter what term of endearment we use/used to address the dads in our lives, Dad. Daddy. Pop. Pa. Father, we celebrate them all on the third Sunday of every June—Father's Day! Father's Day 2023 falls on June 18, which is right around the corner.

There are many ways to tell and remember the men in our lives just how important they are/were and thank them for all that they have done by providing the stability in our lives and the love and acceptance we needed.

Remember, real superheroes don't wear capes. "Thank you for being a real superhero, Dad."



Announcing "Music Around the World"

Beltrone Living Center Lakeview Room

Starting this month one free ethnic community concert per month will take place. This project is made possible with funds from the Statewide Community Arts Program, a regrant program of the New York State Council on the Arts with support of The Governor and the NYS Legislature and administered by The Arts Center of the Capital Region.



Umbrella Member Keeps Perennial Garden Blooming

CSSC's Umbrella of Colonie program, connects senior homeowners with reliable handypeople who do yard work, light carpentry, cleaning, plumbing, and more, affordably.

Umbrella member Inga, weeds her own garden and has Umbrella cut her lawn. Throughout the growing season, there is always something in bloom at Inga's home. Starting with early spring tulips.



Creating a Lasting Legacy

When someone enters their mature years, it often becomes important to live one's life in a manner that will preserve the essence of who they are in the areas that are important to them. In regards to legacy, an end-of-life bequest can be a lasting memory creating a positive effect on countless others in the future.

Colonie Senior Service Centers, Inc. is ever so grateful for supporters who choose to include CSSC in their will or trust. As a forty-one-year-old 501 (c) 3 independent nonprofit, we rely on many outside sources to allow us to continue popular programs and services such as transportation and educational programming. Naming CSSC in your will or living trust enables you to support us and retain complete control over the assets during your lifetime while earning a full charitable deduction on estate taxes. This type of gift can be a specific dollar amount, a percentage of your estate or what remains after other bequests are made. We would appreciate your consideration.

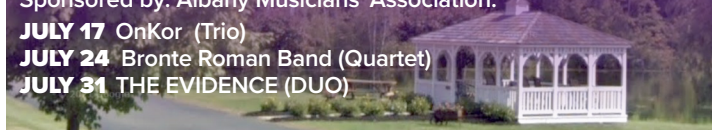
Mark Your Calendar Music Mondays at The Beltrone

Free concerts on three consecutive Mondays in July. Doors open at 5:00 p.m. Music at 6:00 p.m. Food available for purchase. Sponsored by: Albany Musicians' Association.

JULY 17 OnKor (Trio)

JULY 24 Bronte Roman Band (Quartet)

JULY 31 THE EVIDENCE (DUO)



Bright Horizons Picnic 2023

The Bright Horizons Adult Day Social Program picnic will be held on Friday, June 23, 2023, in the Lakeview Dining Rooms A and C from 11:30-1:30pm. This picnic will be held for all Bright Horizons members, their families, and caregivers. Bright Horizons staff and volunteers will be serving hotdogs, hamburgers, an assortment of salads and dessert to our attendees. We are very fortunate to have Mr. Paul Slusar, a "one man" multi-talented musician who will be our entertainment for the event. Thank you to MVP Healthcare for sponsoring our Bright Horizons picnic this year.



Albany Girls Academy Visit

We had a wonderful morning on April 28, 2023, when high school students from the Albany Girls Academy visited Bright Horizons. The students conducted small discussion groups with our members and compared many changes throughout the years since our seniors were their age. One of our members shared his high school photo from Albany Boys Academy with the students.

The students played cards, dominoes, Wii bowling, and Bingo with our senior members. The laughter and camaraderie between the two age groups was magical! Our seniors enjoy having high school students, college students, middle school students and elementary students spend time with them during the day. It is such an inspiring site to see intergenerational interaction taking place. They do not need much prompting to just sit and talk, each group learns a lot from each other. We thank the Albany Girls Academy students for taking the time to visit our program and our seniors. **YOU MADE THEIR DAY!**



Car Fit

Presented by the Driver Fitness Center
your road map to driving safer and longer.

Wednesday, June 14, 2023 from 1 p.m. to 3 p.m.
Beltrone Living Center North Parking Lot
Car Fit is FREE but registration is required!

Call to register for your 20 minute evaluation to ensure your proper fit in your vehicle based on a 12-point checklist including safety belt fit, steering wheel tilt, etc.

To register for Car Fit call 518-459-2857, ext 305.



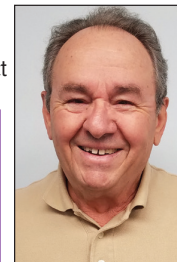
Defensive Driving Classes

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

Don't Have the Time for a Weekday Class?
Can't Find the Time for an All Day Saturday?
We Have the Answer for You!

• **Wednesday and Thursday, June 7 and June 8, 2023**
two part night class from 5:30 p.m. to 8:30 p.m.
Must attend both sessions.

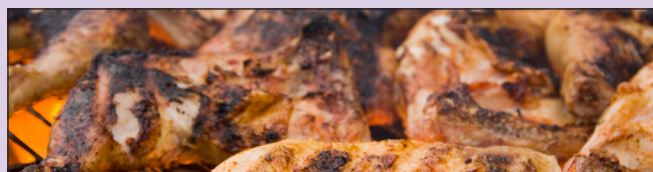
• **Tuesday, June 20, 2023, from 9:00 a.m. to 3:30 p.m.**



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.



June's Community Drive Thru Dinner

Thursday, June 15, 4:00 p.m. to 5:00 p.m.

Menu

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

These wonderful drive thru meals are available to anyone in the community. Reservations are required and the **cost is \$16 per meal**. To make a reservation or for additional information, please call 518-459-2857 ext. 340.



July's Community Drive Thru Dinner

On Thursday, July 13, let's celebrate summer with a fabulous lobster roll dinner prepared by Mazzone Hospitality that will make you feel like you are vacationing at the ocean.

July's menu will consist of the following:

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

The cost of a meal is \$25 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.

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. Suggested participant contribution is \$3.00 Registration and Reservations are **required** for this program. Call Liz at 518-459-2857 Ext. 303 for Reservations by noon the business day before.

Friday, June 9th at Noon: Come listen to Rick & Ron "Never Too Late Duo" and enjoy lunch with the community. Enjoy the sounds of jazz, pop, classic American standards, Latin favorites and rock n' roll oldies. Lunch served will be Chicken Cacciatore, Rice Pilaf, Sautéed Spinach, Carrot Raisin Salad, Fruit & Sherbet.

Friday, June 16th at Noon: Come enjoy lunch with the community and enjoy a Lunch & Learn event with the "Friends of Chamber Music" board member Charles Kruzansky. The Friends of Chamber Music has presented world-class performances featuring groups of national and

June 2023 Menu Menu items are subject to change

6/1	Grilled Cheese + Tomato Soup	6/19	Lunch Chicken Parmesan w/Ziti
6/2	Meatball Sub	6/19	Special Dinner Pot Roast
6/5	Shrimp Scampi over Angel Hair w/Peas	6/20	Mediterranean Baked Cod over Orzo Salad
6/6	Pulled Pork Sandwich	6/21	Summer Minestrone Soup + ½ Turkey Sandwich
6/7	Chicken Pesto Lasagna	6/22	Swedish Meatballs over Egg Noodles
6/8	Mushroom, Spinach & Cheese Quiche	6/23	Stuffed Shells
6/9	Special Lunch Chicken Cacciatore	6/26	Grilled Chicken w/Pineapple Salsa
6/12	Baked Ham w/Peas + Scalloped Potatoes	6/27	Pasta Fagioli w/ Sausage
6/13	Salmon Cakes	6/28	Parmesan Encrusted Chicken
6/14	Garlic Ricotta Broccoli Pizza	6/29	Cheddar Broccoli Soup + ½ Roast Beef Sandwich
6/15	Chicken Piccata	6/30	Beef Tips over Egg Noodles w/Gravy
6/16	Vegetarian Antipasto Salad + Italian Wedding Soup		

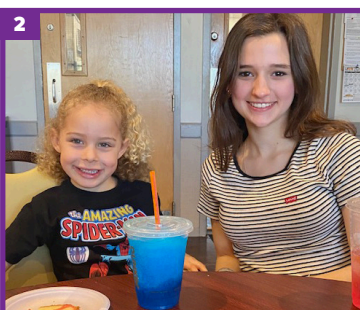
international repute and breakout performances by up-and-coming ensembles since its founding in 1949. A recording of a performance will be played. Lunch served is Vegetarian Antipasto Salad & Italian Wedding Soup.

Monday, June 19th at 5:00PM: Come enjoy dinner and the sounds of Levi and Lucia! Levi's

lead guitar, tenor sax, vocal skills, and 50 years of musical experience, combined with Lucia's bluesy vocals, outgoing personality, harmonica licks and keyboard skills, consummate with a diverse and entertaining Duo. Dinner served will be Pot Roast, baked potato, carrots, spinach and mandarin salad, and chocolate cake!

Donations in Action – Through CSSC seniors are active!

- Our incredible CSSC volunteers working hard at one of our monthly community drive through dinners.
- Our volunteers come in all shapes and sizes.
- Thank you to Walmart for your support.
- Colonie Senior Service Centers' wonderful congregate volunteers.
- Sacred Spaces outing to the Chapel at Oakwood Cemetery.
- Look, we found some very interesting variety of clover.
- Sharon leading a "start your garden" workshop.
- "We are ready to plant our mushrooms."
- Feeding all the livestock at the farm.
- All aboard! We took an Amtrak from Rensselaer to Schenectady. What great fun!
- Toured Schenectady's beautiful, historic City Hall.
- Hung out with Paul Grandohl at the NYS Writer's Institute.
- Having a grand time at a resident gathering complete with a guest pianist on our grand piano.
- Smiling, happy faces at a recent gathering.



CSSC Mission Statement

The mission of Colonie Senior Service Centers, Inc. (CSSC) is to provide comprehensive services to those in our community who are in or approaching their mature years, and to provide support and services to their families and caregivers.

Through these services, CSSC strives to ensure the physical, mental, emotional and financial well-being of our participants, improve the quality of life, and to enhance the structure and stability of our community as a whole.

Directory

Executive Director

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Umbrella of Colonie

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The Beltrone Living Center

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518-459-2711

King Thiel Senior Community and Sheehy Manor

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King Thiel: 518-429-6292
Sheehy Manor: 518-782-2350

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518-459-2857, ext. 337



Colonie Senior Service Centers, Inc.

6 Winners Circle

Albany, NY 12205

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Calling All City of Watervliet and Village of Menands Seniors

With receiving a NADTC grant, Colonie Senior Service Centers, Inc. has been able to expand its transportation services into the City of Watervliet and the Village of Menands for seniors age 60 and older and seniors with disabilities. Seniors must be registered to participate in this new initiative. To register, please contact Jim in CSSC's Transportation Services at 518-459-6064. Once registered, seniors will have access to transportation, Monday through Friday, for such errands as medical appointments and grocery shopping. Also note: to book a ride, participants must call 48 hours ahead of the date you wish to be driven.

This initiative was developed with funds provided by the Nation Aging and Disability Transportation Center (NADTC). The NADTC is administered by Easterseals, Inc. in partnership with USAging, with funding from the U.S. Department of Transportation, Federal Transit Administration and with guidance from the U.S. Administration on Community Living.



Answers to Pick the CSSC Pet Parent Contest



HANDY PERSON NEEDED! REWARDING AND GET PAID!

Umbrella of Colonie, a program of Colonie Senior Service Centers, Inc. 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@colonieseniorg.org