



Your path to healthy. active. independent. lifestyle . . .

# SENIOR CONNECTIONS

APRIL 2023 | Volume 37, Edition 4



## Mother's Day Fashion Show and Luncheon Celebrates 25<sup>th</sup> Anniversary

*Join CSSC at the CSSC Mother's Day Fashion Show and help keep CSSC buses on the road transporting seniors throughout the Capital Region*

Like the buds on flowering trees, talk of CSSC's Mother's Day Fashion Show and Luncheon is a sure sign of spring. For 25 years, CSSC has honored and recognized our community's grandmothers, moms and daughters at this fabulous annual event. In addition to honoring the beloved women in our lives, we also raise funds, through corporate sponsors, honorary committee and community tickets sales that help fund our Transportation Department.

Your donation will be put into action each and every day as we transport seniors to their medical appointments, shopping outings, volunteer opportunities in the

community as well as social, cultural, life-long learning and religious events.

This year's Mother's Day Fashion Show and Luncheon will be held on Friday, May 12<sup>th</sup>, from 11:30 a.m. to 1:30 p.m., in the Lakeview Room at The Beltrone Living Center. Our fabulous models will again be wearing the latest fashions from Chico's, and be escorted down the runway by members of the Town of Colonie Police Department to the music of our favorite DJ Joe Glickman!

Please join us as the collaborative support of local companies, community leaders and friends honor their mother,

grandmother and daughters. When you see one of CSSC's buses in the community you will see your donation in action.

More information on sponsoring, becoming a member of the honorary committee or purchasing tickets is available on our website at [www.colonieseniors.com](http://www.colonieseniors.com) or by contacting us at 518-459-2857 ext. 302.



## Message from the Executive Director

### Happy April!



With spring in full bloom, April comes with a plethora of holidays and observances that focus on health awareness, the environment, the arts, community service and religious observations. Here's but a few:

**April 5** – Joe's 62<sup>nd</sup> birthday and the beginning of Passover (ends the evening of April 13<sup>th</sup>)

**April 7** – World Health Day

**April 9** – Easter

**April 10** – Hug Your Dog Day

**April 20** – Volunteer Recognition Day (THANK YOU to all of CSSC's incredible, dedicated volunteers!)

**April 21** – End of Ramadan

**April 22** – Earth Day

**April 28** – Arbor Day

### For the Love of Learning

Time is a person's most valuable resource. Taking advantage of every minute can truly bring joy to one's life, especially for an older adult who has a bucket list of things to do and goals to accomplish.

In 2019, Colonie Senior Service Centers, Inc. created a new initiative entitled **THE CENTER** at CSSC. The idea behind **THE CENTER** was to promote lifelong learning to older adults that encompassed four distinct tracks: scholastic education opportunities, physical health and wellness offerings, artistic pursuits, and travel/outing options.

We all know that knowledge is power, and ongoing learning helps sharpen one's cognitive health while slowing the progression of deterioration. When an individual is consistently taught new skills or ideas their cognitive

abilities can remain strong. Lifelong learning can also help strengthen memory and recall skills. Promoting critical thinking, creativity, communication and collaboration builds confidence, enriches one's life, keeps a person connected to the community, and improves their health.

One of the most important benefits of lifelong learning is the opportunity to be part of a community of people who are interested in the same things. What we find is, now that seniors have the time, they are interested in pursuing interests and goals. The more someone sticks with an activity, the more likely they are going to meet like-minded individuals. Through CSSC and **THE CENTER** at CSSC, there is an endless supply of programmatic options/activities a person aged 55+ can take advantage of.

**THE CENTER** at CSSC has just released its second quarter 2023 catalogue. In addition to **THE CENTER's** offerings, there are monthly International Dinners Club trips, Sacred Space outings, free musical concerts, special lunch and dinners, and other workshops.

As a mission-driven independent nonprofit, supporting seniors in our community, and keeping older adults engaged is CSSC's purpose. If you have not already, check us out!

Lastly, I want to wish my wonderful partner of over 35 years the happiest of birthdays (remember Joe, 62 is just a number)! I am truly blessed for having such a wonderful companion.

– Diane Conroy-LaCivita



Hooper, volunteer for CSSC.

## May's Healthy and Local Cooking Class

### "Lebanese Cooking" – The key to healthy Lebanese food is the ingredients!

Join us on Tuesday, May 16, from 11:00 a.m. to 12:00 noon, when local restaurateur and owner of Teta Marie's Lebanese Restaurant, Brenda Hage, will demonstrate why Lebanese cuisine is considered among the healthiest food in the world



on account of the ingredients used and the way dishes are prepared. With 20 years of experience cooking in the finest restaurants, she is excited to present her vision of healthy eating to attendees.

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 Madelyn at 518-459-2857 ext. 340.

Photos by Melissa Schuman - MediaNews Group



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

### April's Outing – Burmese Anyone?

Join Diane and Scott on their next scheduled international excursion to SHWE Burmese Restaurant located at 909 Broadway Avenue in Rensselaer, on Tuesday, April 11 at 4:00 p.m. (CSSC buses will leave BLC and KTSC at 3:30 p.m.).

Most of us are somewhat familiar with Thai and Indian dishes but perhaps not Burmese. Burmese cuisine is known for mellow cooking that carefully balances sweet, sour, salt and spice while not being hot (or too spicy).

Recently receiving a glowing review from the Times Union's food critic Susie Davidson Powell, SHWE is owned and operated by local Burmese residents Min Tun and his mother, Aye Yi.



For those participating, plan on a leisurely meal that will make you feel as if you are visiting someone's home or a quaint guest house. For this reason, the number of participants will be limited.

The cost of the meal is \$25, which will include entrée (one of three choices), dessert and 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 Madelyn at 518-459-2857 ext. 340 for additional information or to reserve your spot.

## Tribute Corner

(through February 28, 2023)

### In Memory of Mary Finlay

Nelia Arnold

Daniel and

Susan D'Alessandro

Joanne FitzGibbon and

Matt McCue

Nancy and Robert Jones

Patricia Kalinowski

Roberta Meyers

Ed and Mary Jean Neary

Vincent Rizzo

Jerry and Jan Vandeberghe

Sylvian Zielinski

### In Memory of Patricia Fahlander

Robert Kirker

### In Memory of Anthony,

Margaret and

Anthony, Jr. Piccolino

Sam Piccolino

### In Memory of Tim Hayes to support Aging with Pride

Kim Richards



## 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, April 11<sup>th</sup> 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.



## 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, April 28<sup>th</sup> from 10:00 to 12:00 noon at The Beltrone Living Center, 6 Winners Circle, Albany, and every 4<sup>th</sup> 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.



## Defensive Driving Classes

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

- **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.
- **Tuesday, May 16, 2023,**  
from 9:00 a.m. to 3:30 p.m.
- **Thursday, May 25, 2023,**  
from 9:00 a.m. to 3:30 p.m.



### 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.

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.**





## Leave a Legacy Gift

No matter how large or small the contribution, a gift to Colonie Senior Service Centers, Inc. can have an impact that extends beyond your lifetime. The best part is that you can make your gift using any of a long list of options. Simply choose what works best for you.

More common ways to give include:

- Tax-Free IRA Distributions
- Cash Gifts
- Charitable Gift Annuities
- Donor-Advised Funds
- Gifts of Stock

For more details, please contact us 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 future sessions.

April 27, May 25, and June 29.

**Books chosen for this program are as follows:**

- 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.



## Sacred Space for April The Chapel at Oakwood Cemetery

The journey continues Wednesday, April 5 at 9:30 a.m., as we take 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.

The CSSC shuttle bus will leave The Beltrone Living Center at 9:30 a.m. and will return at approximately 11:30 a.m. This outing will require some walking. There is a charge of \$15 to participate and reservations are required.

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



## Notes from Jim...

Spring is upon us! As the weather improves, there will be a higher demand for transportation. With that said, it may be in your best interest to reserve transportation with us a week in advance of your appointments. We will honor the routine two to three days in advance that we have been operating under, but reserving a week in advance will assure your reservation will be met and allow us ample time for scheduling. I would also like to take this time to convey the importance of leaving your seatbelt on until the bus comes to a complete stop.

With our dedicated team of twelve drivers, Nancy and myself, we want you to stay safe and connected to our community.

Regards,  
Jim Kyme, CSSC Transportation Services Director



## 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

## Welcome Spring!

This season, we are celebrating every member of **THE CENTER**. It doesn't matter, really, what you might have done before retirement (and for those still working,) if you were an accountant, a teacher, a salesperson or if you took care of your family full-time. We believe that inside every person is an adventurer, an artist, a lifelong learner and someone who needs to be around other people. We hope to nurture those inner beings and draw them out. So come be an explorer with us, be creative and meet someone new. It's all happening here, this spring.

## PLEASE NOTE: CHANGE IN REGISTRATION POLICY

We had an unprecedented response this year, with new members to **THE CENTER** coming in every week. In order to give everyone a chance to take part in what we do, we respectfully ask that you limit the number of trips you register for to five for each catalog. That way, we can give new members a chance to take part in everything we do.

## THANK YOU

Please call for details and to register for April Events.

## Creative Events:

**Watercolor Spring Bouquet with Kevin Kuhne** – Learn how to create brilliant spring blooms in seasonal colors in this one-day workshop.

Wednesday, April 12, 10:00 a.m. – 11:30 a.m.  
\$15 for members and \$25 for not-yet-members.

**Mosaic Pendant – make two pendants with glass, beads and other decorative objects.**

Monday, April 17, 10:00 a.m. – 12:00 noon  
\$34 for members and \$44 for not-yet-members.

## Free Your Inner Poet

Mondays, April 17, 1:00 p.m. – 2:30 p.m.  
Free for members.

## Celebrate National Poetry Month – Poetry Reading

Hosted by Nancy Klepsch, published poet and open mic host, Judith Prest and Rhonda Rosenheck.

Monday, April 24, 1:00 p.m. – 2:30 p.m.  
Free and open to the public.

## Folded Book Vase

Friday, April 14, 1:00 p.m. – 2:30 p.m.  
\$19 for members and \$29 for not-yet-members.

## Custom Totebag Printmaking

Friday, April 21, 1:00 p.m. – 3:00 p.m.  
\$24 for members and \$34 for not-yet-members.

## Acrylic Tulip Painting with Dorothea – Create a 9"x12" finished painting.

\$29 for members and \$39 for not-yet-members for each class.  
Thursday, April 20, 1:00 p.m. – 3:00 p.m.

## Introduction or Continuing Quilt Making

10 Tuesdays, April 25 – June 27,  
10:00 a.m. – 11:30 a.m.  
\$79 for members and \$89 for not-yet-members.

## Rubber Stamping Art

Classes are \$10 each for members and \$20 for not-yet-members plus materials fee, payable to Ann on the day of class.

## Springtime Cards and an Easter Treat Holder – make a selection of pretty cards, perfect for spring, and a holder for sweet things.

Tuesday, April 11, 2:00 p.m. – 3:30 p.m.,  
Materials fee of \$10.

## Group Ukulele Lessons – Beginner or Intermediate

4 Fridays, April 28 – May 19  
Beginner: 10:00 a.m. – 11:00 a.m.  
Intermediate: 11:15 a.m. – 12:15 p.m.  
\$45 for members and \$55 for not-yet-members.

## Trips and Travel:

**Chapel at Oakwood Cemetery Tour**  
Wednesday, April 5, bus leaves The Beltrone at 9:30 a.m. and returns at approximately 11:30 a.m.  
\$20 for members and \$30 for not-yet-members.

## Troy Music Hall – Music at Noon

Tuesday, April 11, Akina Yura, Classical Piano  
Bus leaves The Beltrone at 11:15 a.m. and returns at approximately 1:45 p.m.  
\$10 for members and \$20 for not-yet-members.

## Coffee For Coffee-Lovers

Wednesday, April 12, bus leaves The Beltrone at 9:30 a.m. and returns at approximately 11:30 a.m.  
\$10 for members and \$20 for not-yet-

members.

## Stockade Walking Tour and Lunch at Arthur's Market

Wednesday, April 19, bus leaves The Beltrone at 11:15 a.m. and returns at approximately 3:00 p.m.  
\$49 for members and \$59 for not-yet-members.

## Agrotourism - Mushroom Workshop and Farm Visit (Back by Popular Demand!)

Friday, April 21, bus leaves The Beltrone at 10 a.m. and returns at approximately 4:00 p.m.  
\$52 for members and \$62 for not-yet-members.

## Diane's Secret Tour – Springtime Edition!

Monday, April 24, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 2:00 p.m.  
\$34 for members and \$44 for not-yet-members.

## NY Writer's Institute and Dinner

Tuesday, March 25, bus leaves The Beltrone at 5:30 p.m. and returns at approximately 9:30 p.m.  
\$10 for members and \$20 for not-yet-members.

## Hammerhead Horns at HVCC

Thursday, April 27, bus leaves The Beltrone at 11:15 a.m. and returns at approximately 1:30 p.m.  
\$10 for members and \$20 for not-yet-members.

## Wellness and Exercise:

### Tai Chi for Healthy Aging

8 Mondays, April 17 – June 19 (no class May 29.)  
2:00 p.m. – 3:00 p.m.  
\$45 for members and \$55 for not-yet-members.

### Tap With a Rockette

10 Thursdays, April 20 – June 22.  
Advanced Tap: 11:15 a.m. – 12:15 p.m.  
Intermediate Tap: 12:15 p.m. – 1:00 p.m.  
Beginner Tap: 1:00 p.m. – 1:45 p.m.  
\$60 for members and \$70 for not-yet-members.

### Introduction to Ballet

10 Thursdays, April 20 – June 22.  
1:45 p.m. – 2:30 p.m.  
\$60 for members and \$70 for not-yet-members.

## Nia Moving to Heal

8 Tuesdays, April 25 – June 13, 12:45 p.m. – 1:45 p.m.  
\$30 for members and \$40 for not-yet-members.

## Strength, Core + Cardio

10 Fridays, April 21 – June 23, 2:00 p.m. – 2:45 p.m.

\$65 for members and \$75 for not-yet-members.

## Train to Walk a 5K (And Have A Great Time!)

8 Wednesdays, April 12 – May 31, 2:00 p.m. – 3:00 p.m.  
\$55 for members and \$65 for not-yet-members.

## Member-Only Events:

### First Aid Basics

Thursday, April 20, 9:30 a.m. – 11:30 a.m. at The Beltrone Living Center.  
Free for members. Registration required.

### Hands On Only CPR Class

Thursday, April 21, 1:00 p.m. – 3:00 p.m. at King Thiel Senior Community.  
Free for members. Registration required.

### Grief and Widow Group

Second Friday of each month at 10:00 a.m. Call Caroline Barrett, 518-459-2857, ext.327 to register.

### Computer Help 101

Monday – Thursday afternoons between 1:00 p.m. – 3:00 p.m. at The Beltrone Living Center.  
Registration is required, call for appointments. Free for members.

### Arbor Day Celebration: Bird Boxes

Friday, April 28, 11:00 a.m. – 1:00 p.m. At the Tool Box, 143 Troy-Schenectady Road, Watervliet. \$5 for members and \$10 for not-yet-members.

Yours, Caroline Barrett,  
Director of Lifelong Wellness

Visit [colonieseniors.org](http://colonieseniors.org) or call 518-459-2857, ext. 327 for the latest **THE CENTER** catalog.

**THE CENTER** is underwritten by:

Transportation  
Sponsor

Programmatic  
Sponsor

MVP  
HEALTH CARE

CDPHP



CSSC staff with Denis Mulcahy, honored guest at The Beltrone in March

## 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](mailto:sherald@colonieseniors.org)



## KTSC II Campus Expansion Building Update

CSSC plans are to begin construction this spring.

Our intention is to start a wait list once everything is finalized. Call for details.

518-459-2857, ext. 305





## April's Community Drive Thru Dinner

Thursday, April 13, from 4:00 p.m. to 5:00 p.m.

### Menu

- Spring Vegetable Lentil Soup
- Baby Greens with Roasted Peppers, Olives, Provolone Cheese & White Balsamic Vinaigrette
- A Duet of Glazed Ham and Roasted Turkey Breast, Sun Dried Cranberry Gravy
- Mashed Potatoes, Green Bean Casserole
- Lemon Mousse, Mixed Berry Compote, Lady Fingers



## May's Community Drive Thru Dinner

Thursday, May 4, from 4:00 p.m. to 5:00 p.m.  
"Cruising to the Islands"

### Menu

- Carrot-Ginger Bisque
- Baby Greens, Strawberries, Cara Cara Oranges, Red Onions, Feta Cheese, Strawberry Vinaigrette
- Chicken Marengo, Garlic Mashed Potatoes, Broccoli Polynaise
- Flourless Chocolate Cake

These wonderful drive thru meals are available to anyone in the community. Reservations are required and the cost is \$16 per meal. For those who have difficulty getting to The Beltrone, CSSC will make home deliveries within a small radius of 6 Winners Circle. To make a reservation, please call 518-459-2857, ext. 340.

## Have fun creating your own garden with Sharon Herald, Umbrella of Colonie Director

Creating an egg-carton garden will be a fun and rewarding way to grow your own vegetables and herbs. Each spring, I enjoy starting seeds for my vegetable garden and watching the daily progress of those seeds, although this is an exercise in patience! Once the seeds start sprouting, I begin to envision all the yummy dishes that I will be able to make with my harvest.

A few years ago, my husband Billy, built me a raised garden bed. The bed is wonderful. It helps prevent wildlife from eating my harvest. Regardless of where you live, there are so many options for gardens. Food is one of the most essential items in our lives. I value myself, eating healthy and local organic products. I feel strongly in supporting local farms and producers. We get excited when our favorite farms add new local items.

Please join me on Thursday, April 20<sup>th</sup> at 10:00 a.m. to 11:00 a.m. at The Beltrone Living Center to create your own egg-carton garden to bring home. These gardens are eco-friendly and

can be planted directly in the earth. This class will be free to Umbrella of Colonie members and \$2.00 for non-umbrella members. Please Call Sharon Herald at 518-459-2857 ext. 302 to make a reservation.

Happy seed starting!



## Thank You!

Sandra Grady, Director of Donor Relations & Stewardship for Maria College arranged for her staff and administrators to visit Bright Horizons on Friday, February 17, 2023.

Sandra and her "Be Kind" team brought supplies to make a beautiful butterfly craft with our Bright Horizons members. This was part of Maria College's "Random Acts of Kindness Day" for the greater good of the community. You can tell by all of the smiling faces that the day was a great success! We are very appreciative of the time spent by Sandra and her Maria College staff in sharing laughter and showing kindness to our Bright Horizons members.

## Calling all Singers

CSSC's Forever Young Singers meet on Thursdays at 1:00 p.m. each week in the Lakeview Room at The Beltrone Living Center.

Call Michael at 518-459-2857 ext. 337 for details.

Forever Young Singers  
is sponsored by:

**HIGHMARK**  
NORTHEASTERN NEW YORK





## 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.

**New Month Reservation Reminder:** The next month's menu is available 2 weeks before the 1st of the next month. It is extremely difficult on the volunteers and kitchen staff when 20 more people come to lunch than have placed reservations during the first week of a new month. Please place a reservation.

**Friday, April 7<sup>th</sup> at 12:00 Noon:** Come see "Standard Time Duo" with Diane Geddes on keyboard and Cathy Olsen on vocals. They will be playing an entertaining mix of styles of music from different eras, including swing, Latin 50s/60s and pop. Lunch served will be a Sausage, Peppers & Onion Sandwich with carrots, a Strawberry Spinach Salad and Cookie.

### April 2023 Menu Menu items are subject to change

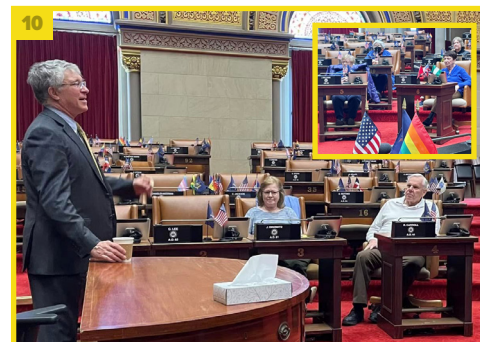
4/3	Shrimp Scampi over Angel Hair w/Peas	4/17	<b>LUNCH</b> Chicken Piccata
4/4	Goulash	4/17	<b>SPECIAL DINNER</b> Salmon Cakes
4/5	Cream of Broccoli Soup + ½ Turkey Sandwich	4/18	<b>LUNCH &amp; LEARN</b> Baked Ham + Scalloped Potatoes
4/6	Margherita Pizza	4/19	Seafood Mac & Cheese w/Broccoli
4/7	<b>SPECIAL LUNCH</b> Sausage, Peppers + Onion Sandwich	4/20	Chicken Parmesan
4/10	Chicken Bacon Mac & Cheese	4/21	Vegetarian Antipasto Salad & Italian Wedding Soup
4/11	Meatloaf & Mashed Potatoes	4/24	Stuffed Pepper
4/12	Chicken & Dumplings	4/25	Irish Beef Stew
4/13	Bacon, Shrimp & Corn Chowder + ½ Turkey Sandwich	4/26	Chicken Cordon Bleu
4/14	Shepherd's Pie	4/27	Spaghetti & Meatballs
		4/28	Garlic Herb Baked Cod

**Monday, April 17<sup>th</sup> at 5:00 P.M.:** Join us for fun and familiar songs with Peter Yakel, guitar player and vocalist. Dinner served will be Salmon Cakes, Rice Pilaf, Carrots, Spinach Salad and Berry Pie!

**Tuesday, April 18<sup>th</sup> at 12:00 Noon:** Come listen to a crowd favorite present, Dr. Rhiannon R. Clauss, D.C of Capital District Family Chiropractic, PLLC. She will focus on one of the 5 essentials of health she discussed during February's Lunch & Learn – Optimal Nutrition. Optimal nutrition sustains wellbeing, disease prevention and ideal weight.

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

- 1 CSSC's "Secret Tour" to Watervliet.
- 2 Getting ready for Albany's St. Patrick's Day.
- 3 Celebrating International Women's Day.
- 4 Seniors took a hearty walk on snow shows through a pine forest and along the frozen lake at Grafton Lake State Park.
- 5 A few words with Denis Mulcahy.
- 6 Chef Harold Qualters and wife Jean getting ready for Irish soda bread cooking class at KTSC.
- 7 Dorothea Osborn led seniors in painting acrylic winter landscapes.
- 8 We love the sound of Ukulele music here at CSSC.
- 9 The RSVP Volunteer Station Fair was held at The Paine Castle, helping RSVP to successfully connect organizations and new volunteers in Rensselaer County. A special thank you to Troy Mayor, Patrick Madden who took time to visit us.
- 10 CSSC's "Government 101 – Legislative Branch" at the NYS Capitol. Thank you NYS Assemblyman Phil Steck for hosting our group!



## CSSC Mission Statement

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

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

## Directory

### Executive Director

Diane Conroy-LaCivita  
dconroylacivita@colonieseniors.org  
518-459-2857, ext. 305

### Administrative Operations and HR

Carol Ripley, Director  
cripley@colonieseniors.org  
518-459-2857, ext. 310

### Bright Horizons

Susan Napierski, Director  
snapierski@colonieseniors.org  
518-459-2857, ext. 322  
Colonie 518-459-7967

### Development

518-459-2857, ext. 304

### Driver Fitness Center

Roger Dames, Coordinator  
rdames@colonieseniors.org  
518-459-2857, ext. 340

### Finance

Andrew C. Koenig, CPA, Director  
akoenig@colonieseniors.org  
518-459-2857, ext. 306

### Lifelong Wellness

Caroline Barrett, Director  
cbarrett@colonieseniors.org  
518-459-2857, ext. 327

### RSVP and Volunteers

518-459-2857, ext. 308

### Senior Dining

Liz Hatlee, Coordinator  
lhatlee@colonieseniors.org  
518-459-2857, ext. 303

### Tool Box

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

### Transportation Services

James Kyme, Director  
jkyme@colonieseniors.org  
518-459-2857, ext. 301  
To Schedule a Ride: 518-459-6064

### Umbrella of Colonie

Sharon Herald, Coordinator  
sherald@colonieseniors.org  
518-459-2857, ext. 311

### The Beltrone Living Center

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

### King Thiel Senior Community and Sheehy Manor

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

### Media and Communications

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



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

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

## 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.



**Salvatore R. and Anna E. Beltrone Golf Classic**  
**Schuyler Meadows Club**  
**Monday, September 11, 2023**  
**11:00 A.M. – 6:30 P.M.**  
**Shotgun Start at 12:15 P.M.**

Help to serve the needs of seniors and their families while playing golf at Schuyler Meadows Club. The Beltrone Golf Classic traditionally sells out and the proceeds benefit CSSC's Transportation Services.

For more information visit our website at  
[www.colonieseniors.org](http://www.colonieseniors.org)