

Mark Your Calendar for the Fifth Annual Chefs in Motion: Culinary Tasting and Competition



You are cordially invited to join us on Monday, September 18, 2023, from 5:00 to 8:00 pm, at The Beltrone Living Center, 6 Winners Circle, Albany for the Fifth Annual Chefs in Motion: Culinary

Tasting and Competition. Led by Colonie Senior Service Centers, Chefs in Motion is a collaboration between New York State Department of Agriculture and Markets, Cornell Cooperative Extension, and area growers and producers to highlight the fantastic items grown and produced in New York State.

To support this initiative, participating chefs will be provided a "shopping cart" of locally sourced products and seasonal produce prior to the event and will be asked to create a signature dish, either a soup, salad, or entrée whose ingredients are at least 75% locally sourced. At a designated time during the event, participating chefs will present their signature dish to a selected panel of judges. This year, our distinguished panel of judges will include Chef Joan Dembinski, Chef Yono Purnomo, Chef Harold Qualters, Farmer Cindy Barber and NYS Department of Agriculture and Markets Commissioner Richard Ball (invited). In addition, the anticipated one hundred and fifty guests at the event will have the opportunity to sample all the dishes and vote for their personal favorite. At the conclusion of the event, trophies will be awarded in two categories: People's Choice and Judges' Choice. The winner in each category will win \$500 and bragging rights.

Several NYS wineries and microbreweries will be present providing a vast sampling of different locally

produced beverages. There will be local chocolate milk tasting provided by Van Wie Farms and the Saratoga County Dairy Princess and her Court will be scooping out samples of fabulous NYS ice cream. The evening will also feature live music and a silent auction. Let us celebrate local produces and growers as well as local culinary talent and area restaurants while supporting CSCC's invaluable Transportation Services. Chefs in Motion is a win-win-win initiative.

Tickets:

\$50 General Admission

\$30 Seniors

\$30 Professionals under 35

To make a reservation, call Christopher at 518-459-2857 ext. 339

Chefs in Motion Sponsors

BBL Construction Services

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Chefs in Motion Judges



Chef Widjiono "Yono" Purnomo, Executive Chef Yono's Restaurant



Chef Harold Qualters, Former owner of Qualters Restaurant



Chef Joan Dembinski, Pastry Chef at Yono's & Honest Weight Co-Op



Richard A. Ball, Commissioner NYS Department of Agriculture and Markets



Cindy Barber, Owner of Barber's Farms



5TH ANNUAL CHEFS IN MOTION
CULINARY TASTING AND COMPETITION

Message from the Executive Director



Happy August!

Admit You're Happy Month

Happiness Happens Month

Be Kind to Humankind Week – August 25 – 31

Play in the Sand Day – August 11

Celebrate Your Lakes Day – August 12

Happy 95th Birthday Grandma Carm – August 7

Happy 31st Birthday Catherine – August 15

Happy 25th Birthday Louis – August 26

Be Mindful of What's Important!

Here's to August and all the wonderful attributes it can provide such as vacations and opportunities to be closer to water. I love water. It makes me happy. I truly enjoy being near water whether it is our backyard pool, the nearby Hudson River, the little nonmotorized lake near our camp or the Atlantic Ocean. There is nothing like walking in a summer rainstorm or witnessing an approaching summertime thunderstorm from afar. I find the lenient movement and flow of water very calming.

Studies have shown that being close to water can make you happier, calmer and more emotionally healthier.

I hold onto many happy childhood memories around our backyard pool. We were one of the first families in our neighborhood to have an inground pool. When my maternal grandmother passed, my mom decided to use her inheritance to have a pool installed. That pool sure got use between all the neighborhood kids and my parents backyard barbeques with friends and family. It is funny how kids are able to stay in water hours on end without ever getting cold. To this day, we still jokingly reminisce how my

mother, a very avid swimmer, would daintily swim with a strong breaststroke while reminding all those swimming around her not to splash. Heaven forbid she get her hair wet.

Now that the kids have all moved out and my husband Joe isn't one to venture into the pool or lake too often, I do most of my swimming in the company of our Golden Retriever Hooper. He is like Ester Williams doing curricular laps over and over as if auditioning for a movie. He loves the water and honestly, I appreciate his company.

As we all know, companionship is important at all stages of life and this becomes increasingly meaningful as we get older. CSSC is passionate with keeping seniors connected to others and our community. Please take advantage of the many programs and services we offer.

Anyone for a dip?

– Diane Conroy-LaCivita

P.S. Hope to see you at the Hudson Shores Hooley on Thursday, August 3rd.



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

Join Diane and Scott on their next scheduled international excursion on Tuesday, August 29 at 4:00 p.m. to Frank's Ice Cream and Restaurant located at 496 Albany-Shaker Road in Colonie. Frank's is both an ice cream stand as well as an Italian restaurant. Frank's has an immigrant backstory. Current owner Francesco Commisso bought the business from his retiring Italian cousin – the original Frank – who opened the original restaurant and ice cream stand in the 1980s. For those who love good hearty Italian American standards, you are in for a treat.

The cost of the meal is \$28 which will include an entrée' choice, dessert and coffee/tea. CSSC Transportation Services are available for those who are unable to drive themselves. Space is limited.

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



Photographs by Susie Davidson Powell



CSSC Staff Heading Up Hudson Shores Hooley: A Night of Irish Celebration on August 3

Diane and Jess have agreed to co-chair the City of Watervliet Concert Committee's inaugural "Hudson Shores Hooley: A Night of Irish Celebration" on Thursday, August 3. Ongoing musical entertainment including bagpiper Bill Monroe, the Boland School of Irish Dance, Irish Don Kelly, and Kilashandra, will run from 5:00 pm to 8:00 pm. Food and beverages will be available for purchase. Admission is free and open to all.

Hudson Shores Park is located at 2 Selke Drive in Watervliet. There will be plenty of free parking.



Mark Your Calendar for CSSC's "Bootin', Scootin' Fallallapalooza"

Friday, October 20, 2023 from 5:00 p.m. to 8:00 p.m.

Chaired by Carrie Hillenbrandt, Senior Vice President at BBL Hospitality, with DJ Kevin Richards from 100.9 The Cat serving as emcee, Bootin', Scootin' Fallallapalooza is designed to be an intergenerational, celebratory fall festival open to all which will take place in the Buhrmaster Barn as well as on the grounds of the historic Pruyn House complex in Latham on Friday, October 20. This CSSC inaugural event will feature live bands including dancing, food concessions, a Hot Coco Bar, children's art station, as well as activities and contests for all ages. Contests will include Jack-o'-lantern Totem Pole, Tombstone Epitaph, and Best-looking Boots. Costume wearing is encouraged but not required. Tickets will be \$25 for adults, \$15 for Seniors, and Children 12 and under are free. Stay tuned for additional details in upcoming newsletters and emails.

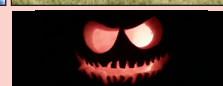
Sponsored by BBL, CDPHP, and the Salvatore and Anna Beltrone Family Foundation



Carrie Hillenbrandt,
Senior Vice President
at BBL Hospitality



Kevin Richards from
100.9 The Cat



Station Highlight: Irish American Heritage Museum

The Irish American Heritage Museum (IAHM) is a little pot of gold located right in downtown Albany. The Museum aims to highlight the history and significance of Irish culture in America. Ongoing exhibits focus on major historical events for Irish Americans, most recently a temporary exhibit concentrating on Irish and American Soldiers working together during WWII. Additionally, IAHM's permanent exhibits continue to wow museum goers.

The Irish American Heritage Museum is a certified 501(c)3 non-profit that runs primarily on volunteer support who greet visitors at the welcome desk and assist in the library, as well as serving as docents and in addition to providing coverage at an array of live cultural events held at the Museum in the evenings and on weekends. If you are interested in learning more about helping this wonderful local museum, please contact Christine Tremblay, CSSC's Director of RSVP and Volunteer Services, at 518-459-287 ext. 308 or ctremblay@colonieseniors.org.



Thank you, Walmart Supercenter in Latham!

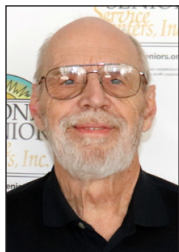
On Friday, July 14, as part of the Latham Walmart's official reopening, CSSC was presented with a \$2,500 donation for our Transportation Services.

We were also asked to table in front of the store that morning where we were able to interact with many Walmart customers.

Walmart's ongoing support means the world to CSSC, and we are so grateful for their generosity!



Introducing Ron Goodman



Many of you probably already know Ron. Ron is a resident of The Beltrone Living Center as well as a Team Member of CSSC's Transportation Department. We truly consider Ron a resident handyman who will not hesitate to help others. He most certainly brings these values to the Transportation Department consistently providing aid to his fellow Transportation Team Members as well as seniors in the community. Interesting, Ron enjoys taking exotic and not-so-exotic vacations (i.e., scuba diving, mountain climbing...). We are extremely lucky to have Ron. So, if you see him say "hello". He doesn't bite, although his cat Minnie does.

Sincerely,
Jim Kyme
CSSC's Transportation Services Director

Meet Fred Erlich

Please help us welcome Fred Erlich to CSSC's Board of Directors.



Fred Erlich founded Living Resources in 1974 and became CEO in 1981, retiring in 2021. Living Resources and its affiliated health agencies, Living Resources Licensed Home Care Agency and Living Resources Certified Home Health Agency, serve over 5,000 individuals with developmental disabilities, including autism spectrum disorder, brain injuries and elderly in need of home health assistance throughout the Capital Region. Upon his retirement, Fred stated he planned to "start a fresh canvas and continue creating." Additionally, stating his greatest pleasure is altruism, "There's a lot of things I could still do to help people."

Fred holds a Bachelor's degree in political science and Master's degrees in both social welfare as well as business administration. He is actively involved with the International Center of the Capital Region, a nonprofit which connects the Capital Region to the world through citizen diplomacy. Fred resides in Delmar with his wife Elizabeth. They have three grown children.

Welcome Fred!

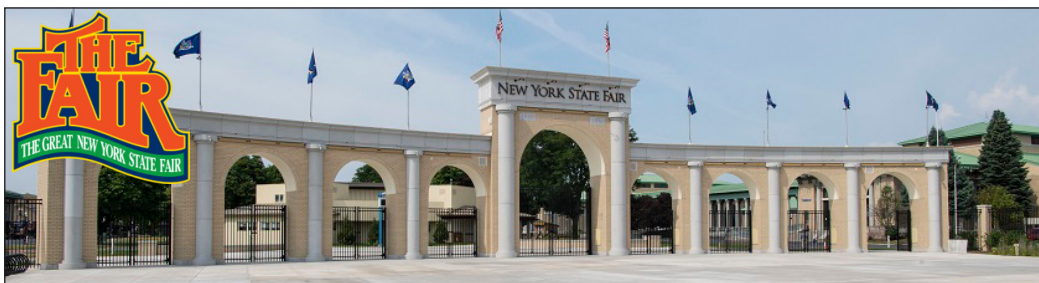
Neighbor Helping Neighbor

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, August 8th 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.



Picture Pick-up

If you participated in "A MOMENT IN TIME: 99 PORTRAITS AND PERSPECTIVES". You will be able to receive your framed portrait that was exhibited throughout the Capital Region. Please call Sharon Herald at 518-459-2857 ext. 302 to pick up your portrait.



Please join CSSC as we plan an outing to The Great New York State Fair

Thursday, August 31, 2023

Let's celebrate the end of summer with a very special outing.

Join Diane for a fabulous day trip to The Great New York State Fair in Syracuse on Thursday, August 31. Now in its 175th year, The New York State Fair will showcase thousands of animals, hundreds of commercial attractions, scores of exciting midway rides and dozens of big-name entertainers. Additionally, Thursday, August 31 is a special day at the Fair: highlighting Armed Forces Day sponsored by National Grid and Dairy Day, celebrating New York State's incredible dairy farmers and the dairy industry.

We will be leaving from The Beltrone Living Center at approximately 7:00 a.m. returning that evening at approximately 7:45 p.m. The cost is \$55 and will include transportation on Yankee Trails to and from, snacks and beverages on the bus, and admission into the Fair.

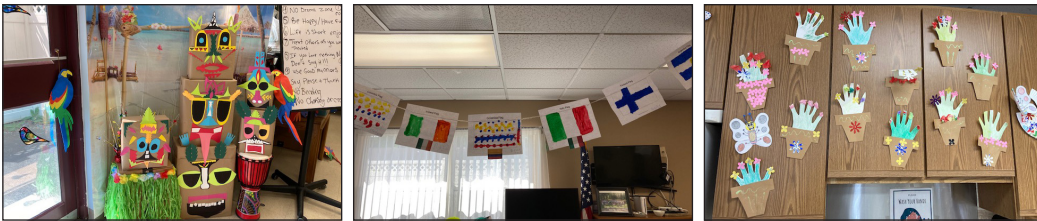
If you haven't been before, the Fair groups are quite expansive so a lot of walking should be expected as well as experiencing different ground surfaces.

To make a reservation, please contact Christopher at 518-459-2857 ext. 339.



Bright Horizons

We have been very busy creating various works of art at Bright Horizons. For National Ocean Day our seniors constructed hanging jellyfish, and painted beach scenes using sand and shells. The seniors made flags from various countries and we hung them up in program for everyone to see and discuss. For National Hawaiian Day the seniors made tiki totem poles out of boxes and colored paper. They also added to their Hawaiian display by making parrots which were also hung up around our tiki display in program. The seniors also enjoyed making stained glass birds and butterflies, paper flower pots with paper flowering plants, and vases drawn on cardboard. The vases were painted and decorated with silk flowers. All of these wonderful craft ideas were prepared and implemented by student intern, SiNae M. who is studying Occupational Therapy at Maria College. Our seniors have been having a great time creating such unique crafts. We have been very fortunate to have SiNae with us this summer. We have had a few people stop in to see our creations. If you are at the Beltrone Living Center please feel free to stop in to take a look too!



Summerfest, A Recap

The wet weather did not dampen this year's Summerfest which was held on Monday, June 26th at The Beltrone Living Center. With several hundred in attendance, everything was moved inside making it snug and incredibly fun. Live musical performances included the CSSC's Forever Young Singers, local band favorite Jade and Fritz's Polka Band from Verona, NY. Lots of dancing took place. Additionally, there were a few diehards who brought their classics for the car show. Food and beverage was provided by Mazzone Hospitality. Inside the Lakeview Room, CSSC's Active Aging Fair took place featuring 40 vendors including healthcare providers, retail, law firms, area banks, community nonprofits, and more.




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, August 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. In August, we may be taking a field trip to see an exhibit at UAlbany. 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.

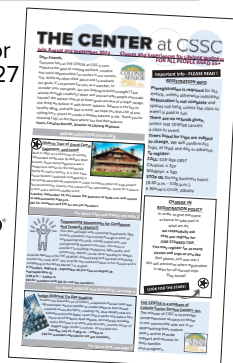


Visit colonieseniors.org or call 518-459-2857, ext. 327 for the latest **THE CENTER** catalog.

THE CENTER is underwritten by:

Transportation Sponsor 

Programmatic Sponsor 



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 call Chris at 518-459-2857 ext. 339. You may also visit our website at www.colonieseniors.org.

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.





Watch us grow!

Located at 11 Elks Lane in Latham, King Thiel II Senior Community is really taking shape. The photos depict the first-floor walls beginning to rise. The expectation is that the three-story, 99-unit independent, affordable senior facility will be open on or about June 1, 2024, creating an incredible senior campus complete with a three-season senior center named the Donald Led Duke Pavilion.

Once the new campus is fully open, CSSC is looking forward to more activities and programs that will keep area seniors as busy as they want to be. Learn more about the apartments at www.colonieseniors.org



Mocktails and Summer Treats

To make mocktails, you mix combinations of sodas, juices, herbs, and syrups to create unique flavors. You can use the same mixology methods and tools you would use with regular mixed drinks. The final product is a non-alcoholic beverage that can be enjoyed and savored, just like a well-mixed cocktail. Best of all, Mocktails are hydrating, non-addictive, inexpensive, and often boast nutrients.

Join Diane and Christine on Thursday, August 24 from 11:00 to 12:00 noon in the Community Room of King Thiel Senior Community, 17 Elks Lane in Latham for this fun end of summer demonstration that will celebrate the season.

There is a \$5 fee and will include some seasonal nibbles to go along with the Mocktails. Space is limited and prepayment for the class is required. To make a reservation, please call Madelyn at 518-459-2857 ext. 340.

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@colonieseniors.org

Defensive Driving Classes

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

- Thursday, August 10, 2023, from 9:00 a.m. to 3:30 p.m.
- Thursday, August 24, 2023, from 9:00 a.m. to 3:30 p.m.
- Tuesday, September 19, 2023, from 9:00 a.m. to 3:30 p.m.
- Thursday, September 28, 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.



August's Community Drive Thru Dinner

Thursday, August 17, 4:00 p.m. to 5:00 p.m.

Menu

- Slider Trio
 - Pulled Pork, Grilled Chicken, and Cheeseburger
- Pasta Salad
- Chilled Saratoga Melon Bisque
- Marinated Tomato Salad, Basil Vinaigrette
- Pecan Pie

This 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.



September's Community Drive Thru Dinner

Thursday, September 14, 4:00 p.m. to 5:00 p.m.

Menu

- Butternut Squash-Apple Bisque
- Tomato-Mozzarella Salad, Balsamic Glaze
- Braised Short Ribs of Beef
- Green Beans Oreganata
- Roasted Garlic Mashed Potatoes
- Roll and Butter
- Carrot Bundt Cake

This 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.

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 12pm the business day before.

Friday, August 4th at 12:00pm: Come enjoy lunch with the community and enjoy "Singing with Seniors" with Laura Melanie Collins. Laura is a singer, songwriter and composer. Her genres range from oldies, classic country, 50's rock n roll, Broadway and more. Lunch served will be Stuffed Shells, Broccoli, Cheesy Garlic Bread, Grapes & Sherbet.

Monday, August 14th at 12:00pm: Come enjoy lunch with the community and a presentation from Massalla S. Samuel, educator from the NYS Public Health Corps. Massalla will speak on the dangers of vaping and e-cigarettes. Lunch served will be Meatloaf with Gravy, Mashed Potatoes, Sauteed Carrots & Spinach, and an Ice Cream Sandwich.

Monday, August 21st at 5:00pm: For one night only, Elvis is in the building! Come enjoy a captivating performance by Donny Elvis and enjoy dinner with your community. Dinner served will be a Pulled Pork Sandwich, Coleslaw, Spinach & Strawberry Salad, Fruit Cup and Berry Pie.

August 2023 Menu Menu items are subject to change

8/1	Mediterranean Baked Cod w/Tomato & Onion	8/14	Meatloaf + Mashed Potatoes
8/2	Summer Minestrone Soup + ½ Turkey Sand.	8/15	Shepherds Pie
8/3	Swedish Meatballs over Egg Noodles	8/16	Oven Fried Fish Sandwich
8/4	Special Lunch – Stuffed Shells	8/17	Eggplant Parmesan
8/7	Grilled Chicken w/Pineapple Salsa	8/18	Chicken Broccoli Alfredo
8/8	Pasta Fagioli w/Sausage	8/21	Lunch – Stuffed Pepper
8/9	Parmesan Encrusted Chicken	8/21	Special Dinner – Pulled Pork Sandwich
8/10	Cheddar Broccoli Soup + ½ Rst Beef Sand	8/22	Seafood Mac & Cheese w/Broccoli
8/11	Beef Tips w/Gravy over Egg Noodles	8/23	Chicken & Dumplings
		8/24	Grilled Cheese + Tomato Soup
		8/25	Meatball Sub
		8/26	Shrimp Scampi over Angel Hair
		8/29	Pulled Pork Sandwich
		8/30	Chicken Pesto Lasagna
		8/31	Mushroom, Spinach & Cheese Quiche

Donations in Action – Through CSSC seniors are active!

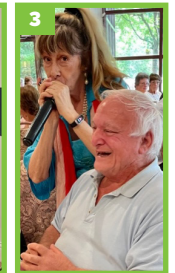
1 Paul Grondahl, director of the New York State Writers Institute, columnist, and biographer, leading a sold-out Obituary Writing Workshop for CSSC.



2 Happy diners at KTSC's Special Community Dinner featuring local entertainment.



3 Samuel, a CSSC volunteer, is serenaded during BLC's Special Community Dinner.



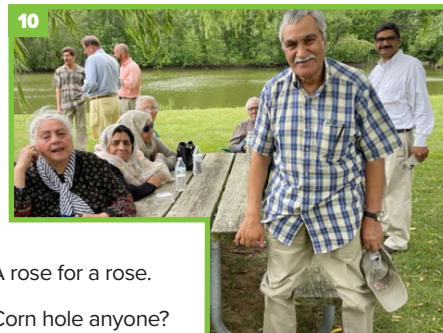
4 Incredible evening of talent with Author Gregory Maguire and Poet Carol Durant at an event sponsored by Albany County Office for the Aging.



5 Monthly community breakfast at The Beltrone.

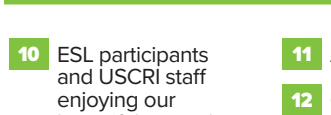


6 Visiting the Blue Hill at Stone Barns in Tarrytown, recently awarded two (2) Michelin stars.



7 Yeah, for our incredible staff and volunteers!

8 Scott, our turtle whisperer, surveying the pond at The Beltrone.



9 Cheap Sunglasses!

10 ESL participants and USCRI staff enjoying our beautiful grounds.

11 A rose for a rose.

12 Corn hole anyone?

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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Colonie Senior Service Centers, Inc.

6 Winners Circle

Albany, NY 12205

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Forever Young Singers

The Forever Young Singers, sponsored by Highmark Blue Shield of NENY, continue to grow in numbers, polish their craft, and enjoy their choral experience.

New members are always welcome to join this active group of singers. The emphasis is on having fun and sharing that joy with others through music. Rehearsals take place every Thursday at 1:00 p.m. at The Beltrone Living Center.

Forever Young Singers
is sponsored by:



Join Us for Music Around the World Celebrate Armenia

CSSC is thrilled to announce that we have once again received funding to offer free monthly music/cultural programs until the end of the year that will highlight countries and cultures from around the world.

Mark Your Calendar for Armenia Night on Monday, August 28, 2023. Doors open at 5:00 pm with music starting at 5:30 pm. The event will take place in the Lakeview Room at The Beltrone Living Center. Everyone is invited to join us.

Bring your appetite. A complete Armenian menu will be offered.

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 the support of The Governor and the New York State Legislature and administered by The Arts Center of the Capital Region.

For questions or additional information, please contact Christopher at 518-459-2857 ext. 339.

