



Make a Lasting Difference

From setback to comeback, please support us as we continue to meet the challenges facing our senior community

Colonie Senior Service Centers, Inc. (CSSC) provides resources for tens of thousands of older adults to acquire desired services, build back confidence and secure enriching programming. In this past "post-pandemic" year, the expectation was to return to normalcy. However, this is not what CSSC experienced. We were challenged with an incredible demand and overwhelming need for our established senior programs and services. Adults who had been isolated for two years were longing to re-engage.

As CSSC prepares for the challenges of 2023, we hope that you will join us in helping seniors by making a year-end gift to Colonie Senior Services Centers, Inc. Your support will allow us to continue to feed, transport, engage and support seniors in a safe, healthy and independent community.

You may make your tax-deductible gift online at www.colonieseniors.org or by mail to Colonie Senior Service Centers, 6 Winners Circle, Albany, NY 12205. Please reach out to Laurie Miedema, CSSC Development Director for additional information or questions at 518-459-2857, ext. 304 or Lmiedema@colonieseniors.org.

We thank you in advance for your support and belief in our mission.

From all of us at CSSC, we wish you a very happy holiday season.

Please support
Capital Region seniors
by making a year end
gift to Colonie Senior
Service Centers, Inc.!

SCAN HERE TO
DONATE ONLINE!



Online at www.colonieseniors.org
by clicking "Make A Gift" or call
518.459.2857, ext. 304 or by mail at
**Colonie Senior Service Centers, Inc.,
6 Winners Circle, Albany NY 12205.**

Message from the Executive Director

Happy December!



December 1 World Aids Awareness Day
December 6 St. Nicholas Day
December 18 Hanukkah begins
December 21 Humbug Day
December 25 Christmas Day
December 26 Hanukkah ends
December 31 New Year's Eve

The way forward...

Honestly, as a younger version of myself, I had blinders on to the importance of friendship, making and keeping true lifelong friends. Concentrating on careers and small children, my husband and I let some childhood friends who once were so close slip away. As I now know, we should never take friendships for granted for they are truly a gift to be appreciated.

Case in point, Kathy Dorn. Kathy was my mother's friend first. The two worked together faithfully for the NYS Legislature for a number of years and they were bonded with both their political ideology and the importance of supporting the democratic process. In fact, I first met Kathy when I was about five years of age on a day that my mom brought me to work with her. It is funny, I distinctively remember this very first introduction to Kathy for two reasons: 1) next to her desk, Kathy had the largest stuffed animal I had ever seen in my short life, a happy-looking, 10+-foot blue elephant and 2) she was the first blind person I had ever met.

As by fate, our paths continually intersected. Kathy and I worked together for almost a decade at Colonie Town

Hall and we were both also active members of the Colonie Women's Club (formally known as the Colonie Welcome Wagon). I learned to truly admire Kathy realizing that her handicap never limited her ability to be positive and create friendships.

She loved spending time with family and friends. She was a wonderful singer and offered to play the piano or bring her keyboard to any and every social gathering where entertainment was needed including CSSC's Bright Horizons. April was her birth "month" and I mean month. All her friends would take her to lunch and send her birthday wishes throughout the month. For years, Kathy and I would try different ethnic restaurants monthly creating our very own International Diners Club. She was game for almost anything.

I learned from Kathy it is okay to recognize your self-worth even when it is wrapped in your vulnerabilities. We all have something to contribute. She was a force to be recognized with and her's was a life well lived. Kathy passed away on October 19th at the age of 76. The church was full and we were all sad but her life is truly a celebration.

Kathy – from one friend to another – thank you for the privilege of your time.

– Diane Conroy-LaCivita



Cooking with NYS Maple Syrup – Liquid Gold

On Tuesday, December 6, from 11:00 a.m. to 12:00 noon, please join Wayne Mortimer, Proprietor of Mort's Maple of Averill Park, for an introduction to the delicious process of maple sugaring and cooking with maple. A variety of Wayne's syrups will be available for sale as well (just in time for holiday baking). This is a class not to be missed by anyone with a sweet tooth and an appreciation for Liquid Gold.

The class will take place at King Thiel Senior Community, 17 Elks Lane, Latham. The cost is \$5.00 per person and will include samples of dishes prepared. Space is limited. To make a reservation, please call Sharon Herald at 518-459-2857, ext. 302.



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

December's Outing – English anyone?

Join Diane on her next scheduled international excursion to The Olde English Pub located at 683 Broadway, Albany on Thursday, December 1, at 4:00 p.m. (CSSC buses will be leaving BLC/KTSC at 3:30 p.m.).

Locals call The Olde English Pub, The Quackenbush House. The exact year of the home's construction is estimated to be 1736 and is named for the Dutch family who called Albany home for over 200 years. The front half of the building facing Broadway is considered the oldest, while the back half of the home dates to the late 18th century. The front boasts classic Dutch brick patterns and building techniques that give our Pub its charm today. At The Olde English, they serve an eclectic English menu focusing on classic pub fare and English staples like Fish & Chips.

The cost of the meal is \$35, which will include entrée (one of three choices), dessert and coffee/tea. (Everyone registered will be asked to choose their entrée choice ahead of time.) CSSC Transportation Services are available for those who are unable to drive themselves.

NOTE: While historic, this location is not considered handicap accessible. There are three steps to enter this building and bathrooms are located on the second floor.

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



Save the Date

Warmth of *Winter* HELPING SENIORS KEEP THE HEAT

Wolferts Roost Country Club
Thursday, February 16, 2023,
from 5:30 – 8:30 p.m.

Please call 518-459-2857, ext. 304 or email
Lmiedema@colonieseniors.org for more information.

Defensive Driving Classes

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

- **Tuesday, December 6, 2022, from 9 a.m. to 3:30 p.m.**
- **Thursday, December 15, 2022, from 9 a.m. to 3:30 p.m.**
- **Saturday, January 14, 2023, from 9 a.m. to 3:30 p.m.**
- **Thursday, January 26, 2023 from 9 a.m. to 3:30 p.m.**



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.**

Meals that Care

Meals that Care offer up to two hot meals for \$10 each to those within a 10-mile radius of The Beltrone Living Center in Colonie. The program supports those who are truly ill, in treatment, supporting a loved one or in recovery and unable to cook for themselves. The goal is to fill a short-term need until an individual returns to health and can cook for themselves again. To date this new initiative has already benefited 5 families.

If you or your loved one is incapacitated and unable to cook, please contact Carol Ripley at 518-459-2857, ext. 310. A set of prequalifying questions will be asked, and prepayment is required. Thank you to Highmark, Goldstein Auto Group, and the Estate of Larry Siegel for generous donations in support of this effort.



Forever Young Singers
is sponsored by:

HIGHMARK
NORTHEASTERN NEW YORK



Forever Young Singers

Holiday Music is in the air! Give your holiday spirit a boost by attending a Forever Young Singers community performance.

- **Sunday, December 4 at Cohoes Music Hall Visitor Center**
1:00 to 2:00 p.m.
- **Saturday, December 10 at Christmas Land, 3068 Furbeck Road, Altamont, NY 12009,** performance will be in the main building at 2 p.m.
- **Monday, December 12 at The Beltrone Living Center,** Lakeview Room prior to The Colonie Town Band 7:00 p.m.

A cheerful thank you to sponsor Highmark Blue Shield of NENY who makes this choral experience possible. New singers are always welcome. Rehearsals take place each Thursday at 1:00 p.m. at The Beltrone Living Center.

HELP CSSC WIN THE ...



**THE BIG
\$100,000
GIVEAWAY**
10 nonprofits will receive
\$10,000 in free advertising

You can vote each day through December 9, 2022

HOW TO VOTE

1. Easy! Go to timesunion.com/capitalregiongives
2. Click on the link to vote
3. Find Colonie Senior Service Centers, Inc. from the nonprofit listing
4. *click* and you're done
5. One vote per day, per device.

The top 10 nonprofits, by your votes, will each win \$10,000 in free advertising from the Times Union. Winners will be announced online and in the paper in December.

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 USAgings, with funding from the U.S. Department of Transportation, Federal Transit Administration and with guidance from the U.S. Administration on Community Living.

The CENTER Triple Holiday Market Outing

The CENTER adds a **BONUS** outing to the December calendar! Join CSSC for a triple Holiday Market outing at 3 RSVP Volunteer Stations. Depart by bus from The Beltrone Living Center at 11 a.m. on Saturday, December 3. Bring along your holiday cheer and gift list. **First stop, the American Italian Heritage Association and Museum**, followed by **Irish American Heritage Museum at the Celtic Hall** and lastly, **The Shaker Heritage Society**. All feature unique, locally handcrafted goods that make the perfect choice for gift giving. Admission is free and each stop will last about an hour. To cover the cost of transportation, a registration fee of \$10 for members, \$20 for not-yet-members will be collected at the time of reservation. To make a reservation, please contact Louis at 518-459-2857, ext. 340.



To learn more about Retired Senior Volunteer Program (RSVP) and Volunteer Station opportunities, contact Kristin Vivian, Director RSVP at 518-459-2857, ext. 308

Bright Horizons Bridge to Respite Program

The Bright Horizons Bridge to Respite Program continues to be an extension of activities and services provided during our social adult day program. A grant through the New York State Caregiving and Respite Coalition (NYSCRC) allows Colonie Senior Service Centers, Inc. to expand respite services within the counties of Albany and Schenectady. The program is enhanced this coming year with the inclusion of our "Meals That Care" initiative. This inclusion to the respite program would provide a nutritious meal to the senior and in some cases to the caregiver (cost \$10 per meal) who may be experiencing a health crisis of their own. Volunteers trained through "REST" (Respite, Education & Support Tools) will provide respite virtually, telephonically, through home visits, or a combination of all three. Clients receive continuity of care by initially building a bond with staff and volunteers. The respite volunteers will provide the mental stimulation from conversations and other activities that promote thinking, concentration and memory. Compassionate respite volunteers will enable the caregiver time to care for themselves each week. If you would like to share some of your time, memories, and talents with a senior in the community in need of social engagement this program is for you!

If you are a caregiver, healthcare professional, prospective volunteer, community member, neighbor, friend, or family member who would like to learn more about becoming a compassionate respite volunteer please attend our next respite training:

"REST" (Respite, Education & Support Tools) Training
Saturday, December 3, 2022
Beltrone Living Center, Lakeview A Dining Room 10 a.m. – 12p.m.

To register please contact:

Sue Napierski, Director of Bright Horizons
(518) 459-7967
snapierski@colonieseniors.org



Bright Horizons is a program of



The CENTER at CSSC Membership Renewal: It's Time!

\$20 per calendar year

Membership is open and available to anyone aged 55 and older, no matter where you live. By becoming a member, you have access to our club events, free of charge. Membership also gives you discounts for creative events, travel and trips, and wellness classes.

Membership can be done over the phone, or you can mail a check to CSSC, 6 Winners Circle, Albany NY 12205, Attention: Caroline Barrett

December at THE CENTER at CSSC

December is often a very busy month, and we believe in caring for yourself as well as others, at all times of the year.

Here at **THE CENTER**, we are busy with trips and both creative and wellness classes. Come along on December 1 as we travel to Clifton Park for a workshop to create two fused glass ornaments. We've had classes with Fused Glass in the past, and the results are incredibly beautiful.

On December 2, a four-week session of Ukulele begins.

There's nothing quite like the sound of joyful music, and why not learn how to make your own? Ukulele class is fun, social and a great learning experience.

On December 5, a two-week session begins, making Sola flowers. Sola flowers are life-like flowers made from soft and pliable pieces of wood. We'll first dye the wood, then attach stems to create long-lasting, pretty arrangements. Join us on December 13 when we gather with Lydia Lynch to create sweet gnome ornaments.



With over 200 individuals in attendance in the Lakeview Room at The Beltrone Living Center, CSSC worked collaboratively with the Joseph E. Zaloga American Legion Post #1520, Albany High's Sgt. Henry Johnson JROTC Program, the Blue Star Mothers of America and Dave Prescott from the Prescott Foundation on Monday, November 7 to honor those who have served in our American Forces at our Annual Veterans Recognition Luncheon. In addition, six very special WWII Veterans received additional well-deserved recognition at the event.

Thank You!

CSSC attended the 2022 Albany County Legislative Grant Award Ceremony on November 9, 2022 at the MVP Center and received \$6,650 towards "Meals that Care" initiative. Thank you to Legislators Paul Burgdorf, Frank Mariello and Jennifer Whalen for supporting our grant proposal!





In the wellness department, come and try Guided Meditation, starting December 2 for a four-week session. You can also step into exercise class that have already begun: Strength, Core and Cardio, Line Dancing, Tai Chi, Yoga, Tap Dancing or Jazz. There is a session of our newest offering, Nia, starting December 7.

Lastly, we are busy planning for January, February and March, and love to hear from you! If you've seen anything fun, interesting or something that shouldn't be missed, please call. Your input is appreciated. Reach out to Caroline Barrett for prices and information on all of our programs and events, 518-459-2857, ext. 327 or cbarrett@colonieseniors.org.

Moment in Time Recap

On Thursday, October 20th the Community gathered at The Beltrone Living Center to view the unveiling of "A Moment in Time", an oral history pictorial project. Guests were amazed at the beauty of the photography and the wisdom of participants words. The public is welcome to view the project Monday through Friday, 8:30 a.m. – 5 p.m. at The Beltrone Living Center until the end of December. The project then moves to the Colonie Town Library followed by The Arts Center of the Capital Region in Troy.



Food Bank Distribution

Calendar Reminder

On the 2nd Tuesday of each month, CSSC makes food items like produce, staples and frozen meats from The Regional Food Bank available from 11:30 a.m. – 12:30 p.m. during our congregate meal service. Those who are in need are welcome to participate. **Please bring your own reusable grocery bag.** This month distribution takes place on **Tuesday, December 13.**



Sacred Spaces

Sacred Heart Church in Troy

The journey continues on Wednesday, December 7 at 10:00 a.m., as we visit Sacred Heart Church located at 310 Spring Street in Troy.

Construction of the church began in 1913. Woodrow Wilson was President, Pope Pius X was in the final years of his papacy, and World War I was still a year away. The Catholic Church in Troy was growing. With its growth came a new parish, as 45 families broke away from St. Francis de Sales Church and began a new mission parish on the East Side of Troy.

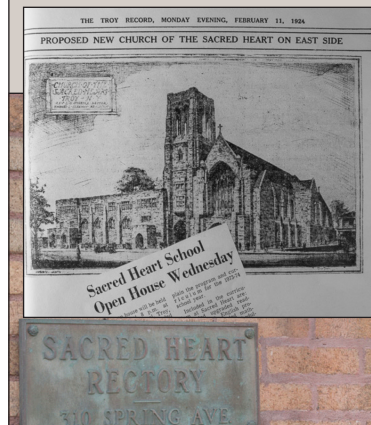
Sacred Heart School opened on September 8, 1927. On that first day, 119 students were welcomed in grades one through four. One teacher and one grade were added each year until 1932 when the first class of 8th graders, numbering 35, graduated.

With the opening of the school and the new church, rapid growth occurred as the hunger for a Catholic school education grew. The Sisters of St. Joseph of Carondelet staffed the school. The Sisters would prove to be a vital component of the Sacred Heart "family" for nearly 70 years.

Sacred Heart became an anchor for the East Side, as the parish expanded to include the establishment of numerous societies and clubs including the Women's Club, the Altar-Rosary Society, St. Vincent de Paul Society, and Catholic War Veterans.

In addition to visiting the church, the group will be stopping at Verdile's Restaurant, the longest-standing, multi-generational Italian-American restaurant in Troy, for lunch.

The CSSC shuttle bus will leave The Beltrone Living Center at 10:30 a.m. and will return at approximately 1:30 p.m.



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



Holiday Angels

Thank you to our neighbors and friends at CAP COM, a division of Broadview Federal Credit Union for once again providing the gifts for Holiday Angels. Gifts will be delivered to seniors throughout the community by CSSC and CAP COM Staff.



SUBARU
share
the love
EVENT

Think of us if you're purchasing a new car. \$250 dollars will be donated to Colonie Senior Services Center, Inc. when you purchase a New Subaru at Goldstein Subaru from November 17, 2022 to January 2, 2023.

Rivers Casino Helps Make a Difference for Seniors in December

You may support Colonie Senior Service Centers at Rivers Casino & Resort, in Schenectady, this December. Casino guests are able to donate their chips, vouchers and cash to the "Our Donations Make a Difference" campaign, at the Casino. The December proceeds will support CSSC's programs and services.

Thank you Rivers Casino & Resort!



ESL Update

The RSVP volunteer response for ESL teachers and co-teachers has been amazing! Thank you to those who have responded so generously with their time, talent and good-will toward our ESL students. Many thanks go out to Geli, Bess, Desiree, Roberta, Melissa, Roseanne, Sandi and Duffy for contributing to the success of this program.



"Trash" to Treasure

Have you ever created something unique, artsy or practical out of repurposed items you had lying around? Maybe you've seen all the different ways to make something else out of a wooden pallet. The winter ToolBox challenge has that in mind. Stop by the ToolBox to check out items that may spark your creativity. Business hours are Tuesday thru Saturday, 10 a.m. to 2 p.m. at 143 Troy-Schenectady Rd, Watervliet. Common items may inspire you to create a lamp, mixed medium painting, or a re-imagined gadget. You never know what you might find, and be inspired to create!

"Trash to Treasure" submissions wanted

Stop by the ToolBox and pick up items that trigger your artistic or mechanical vision. Create a repurposed item and submit a picture to Kristin Vivian, Director RSVP and Volunteers before December 31st at kvivian@colonieseniors.org. Please be sure to include your contact information (name, address, phone and email) for follow-up. Proceeds from the ToolBox support Umbrella of Colonie, helping older adults remain at home in their community.

2022 Colonie Senior Spirit Awardees

Presented at 21st Annual CSSC Founders Celebration

On October 27, 2022, at the 21st Annual Founders' Celebration CSSC celebrated its 41st anniversary as the largest non-profit supporting seniors in the Capital Region. During the festivities we were honored to present this year's Colonie Senior Spirit Awards to Highmark BlueShield of Northeastern New York, U.S. Committee for Refugees and Immigrants (USCRI), the Pride Center of the Capital Region, and the incredible team of Chefs, Chef Joan Dembinski, Chef Yono Purnomo, and Chef Harold Qualters who assist CSSC in raising funds for the Transportation Services Program.

These Colonie Senior Spirit Awardees are quiet heroes who are helping the community in a positive manner through support, example and deed. Each one has demonstrated a keen awareness of what is needed to protect and improve the quality of life of seniors in their own unique way, resulting in them remaining healthy, active and independent.

Thank you to our Founders' Celebration sponsors for their generous support: BBL Construction Services, LLC; Cohoes Savings Foundation; The Salvatore R. & Anna E. Beltrone Family Foundation; CDPHP; WCGS Architects; Felthousens Florist and Green Houses; CBRE-Albany; Equinox Companies; Hershberg and Hershberg; Herzog Law Firm P.C and Newton Plaza Associates.



Senior Dining Program

December Senior Dining

Join us for a hot meal at The Beltrone Living Center Monday-Friday at Noon. This program is funded in part by the Albany County Dept. for Aging, NYS Office for the Aging, Administration for Community Living, Town of Colonie and participant contributions.

Special Lunch – December 2nd at Noon: Come hear the beautiful melodies of the local Colonie Village Singers! Lunch served will be Veggie Pizza, Kale & Chickpea Salad, Applesauce and a Cookie.

Lunch & Learn – December 12th at Noon: Come enjoy lunch with the community and listen to Dr. Rhiannon Clauss inform us about keeping healthy during the holiday season – the body and mind! Lunch served will be a Pumpkin Alfredo & Turkey Sausage Fettucine with sauteed spinach, applesauce and Ice Cream!

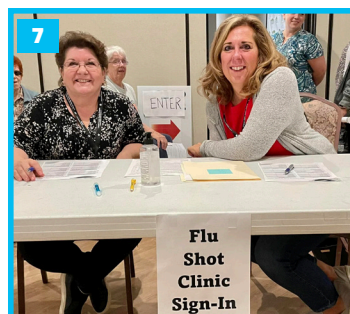
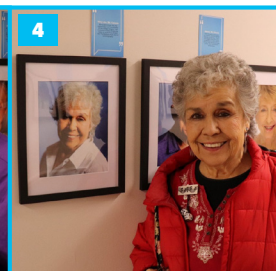
Special Dinner – December 19th at 5:00 p.m.: Come see Donny Elvis preform his perfected selection of Elvis's greatest hits for a fun, reminiscent special dinner! Donny has been impersonating Elvis for over 20 years, locally and even in Las Vegas! Dinner served will be a Meat Lasagna, Sauteed Carrots, Green Salad and Berry Pie!

December 2022 Menu Menu items are subject to change

12/1	Goulash	12/19	Lunch: Chicken Barley Stew
12/2	Veggie Pizza	12/19	Special Dinner: Meat Lasagna
12/5	Meatloaf w/Mashed Potatoes	12/20	Stuffed Pepper
12/6	Sausage Stuffed Acorn Squash	12/21	Chicken Marsala
12/7	Mac & Cheese w/Butternut Squash	12/22	Mediterranean Baked Cod
12/8	Shepard's Pie	12/23	Meatball Sub
12/9	Bacon, Shrimp & Corn Chowder w/ ½ Turkey Sandwich	12/26	Closed: Day After Christmas
12/12	Pumpkin Alfredo & Turkey Sausage Fettucine	12/27	Cornflake Chicken
12/13	Seafood Mac & Cheese w/Broccoli	12/28	Oven Baked Fish Sandwich
12/14	Baked Ham w/ Scaloped Potatoes	12/29	Oregano Lemon Chicken
12/15	Minestrone Soup & ½ Roast Beef Sandwich	12/30	Beef & Broccoli w/Brown Rice
12/16	Chicken Parmesan w/ Ziti		

Donations in Action – Through CSSC seniors are active!

- 1 CSSC's Sacred Spaces outing took seniors to two beautiful historic churches in Galway.
- 2 **THE CENTER** at CSSC took a group to Equine Advocates for an incredible experience.
- 3 CSSC and the Regional Food Bank of Northeastern NY provides fresh produce and product for older adults at no cost.
- 4 "A Moment in Time" Exhibit Opening and Reception. 99 Portraits and Perspectives Exhibit currently up for viewing in the Gallery Hallway at The Beltrone Living Center through December.
- 5 Lansing's Farm Market & Greenhouses hosted seniors for a day on the farm.
- 6 Hola! CSSC's International Dinners Club had a wonderful outing at La Mexicana in Schenectady.
- 7 Thank you to Marra's Pharmacy and our CSSC volunteers and staff for hosting a Flu/COVID booster clinic.
- 8 CSSC had a booth at Colonie Center's Boomers and Seniors Expo! Thank you to our volunteers and staff who manned the booth!
- 9 CSSC's Forever Young Singers performing at the 21st Founders' Celebration



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@colonieseniorg.org
518-459-2857, ext. 305

Administrative Operations and HR

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

Bright Horizons

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

Development

Laurie Miedema, Director
lmiedema@colonieseniorg.org
518-459-2857, ext. 304

Driver Fitness Center

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

Finance

Andrew C. Koenig, CPA, Director
akoening@colonieseniorg.org
518-459-2857, ext. 306

Lifelong Wellness

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

RSVP and Volunteers

Kristin Vivian, Director
kvivian@colonieseniorg.org
518-459-2857, ext. 308

Senior Dining

Liz Hatlee, Coordinator
lhatlee@colonieseniorg.org
518-459-2857, ext. 339

Tool Box

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

Transportation Services

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

Umbrella of Colonie

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

The Beltrone Living Center

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

King Thiel Senior Community and Sheehy Manor

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

Media and Communications

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



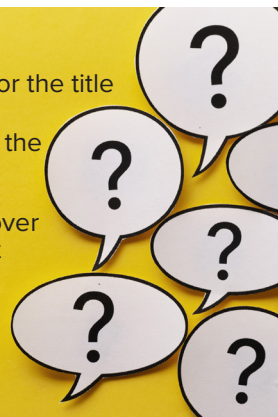
Colonie Senior Service Centers, Inc.
6 Winners Circle
Albany, NY 12205

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

Trivia Tuesdays Submission

Calling Trivia Buffs ... What has teams of four battling each other for the title of "Champions"?

Trivia Tuesdays will be starting at CSSC, December 13 at 2 p.m. in the Lakeview Room of The Beltrone Living Center. Older adult teams, age 55+, made up of 4 members each, can register to participate. Two teams will compete on the second Tuesday of each month, over the next few months, winners advancing, until the champs are left standing. Top team wins a cash prize! The first 6 teams will be accepted. Teams must be prepared to compete on any given second Tuesday as a complete registered team until defeated or crowned the champs. To register your team of 4 older adults, please contact Louis at 518-459-2857, ext. 340.



Holiday Gift Ideas

Are you looking for a great holiday gift that won't break the bank, keeps on giving all year long, or helps to improve someone's quality of life? Then consider these holiday gift items for your mom, dad, friend, or neighbor!

Local Bounty Baskets ... Starting at \$35. Chock-full of local NYS made food and gift items.

Umbrella Memberships ... Cost based on home-owners annual income. Extending independence at home in the community ... priceless!

CENTER Memberships ... \$20 annually. Holder gains discounted access to The CENTER trips and classes. Gift of socialization, learning and fun ... invaluable!

