

Welcome 2024!

According to Wikipedia, a New Year's resolution is a tradition, most common in the Western World but also found in the Eastern World, in which a person resolves to continue good practices, change an undesired trait or behavior, accomplish a personal goal, or otherwise improve their behavior at the beginning of a calendar year.

Here are some insightful resolutions shared by our seniors.



John

"Enjoy life, even from a wheelchair"

Ora

"Eat to live, not live to eat"

Kim

"Work less, enjoy more"



Barb

"Learn as many new crafts as possible"



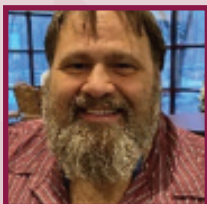
Herb

"To Live, Love & be happy"



Dave

"Get into more trouble and have fun"



Brenda

"To be kind, be loving, and be healthy"



Joe

"Travel more, starting the year off with a one month visit to Aruba"



Sylvia

"everyday do an act of kindness for a stranger"



Joanne

"To make plans to do fun activities with friends and family"



Sam

"Getting out of bed"



Monica

"To get my father's exhibit displayed in New York State"



Janet

"Be able to get out and be with people"



Marianne

"To regain my health so I can give of myself and help others"



Carol

"To work to make my health better"



Greg

"Never bring a bad mood home from work"



Craig

"To get better at riding my electric bike"



Ron

"To stay healthy"



Gwen

"If I can't keep my resolution I will make a new one the next day. Too many to list"



Message from the Executive Director



Happy January! Happy 2024!

January 1
New Year's Day
and World Day of Peace

January 15
Martin Luther King Day

January
International Day
of Acceptance

January
Freethinkers Day

New hopes, dreams, and aspirations for the new year.

During the month of December, several staff including myself interviewed seniors by posing the questions, "What are you looking forward to in the new year and do you have any New Year's resolutions?" Some answers to our questions were comical and witty, while others were much more sincere and heartfelt. Overall, their answers were ones expressing hope.

For me personally, 2023 was a crazy year in a crazy world. Personally, and professionally, it was busy, busy, busy. The number of seniors from throughout the Capital Region that are taking advantage of CSSC's offered programs and services has skyrocketed and 2023 was no exception. Our newest independent affordable housing project, King Thiel II Senior Community, which is scheduled to open on or about June 1, 2024, is already 90% pre-leased. Once this building and its beautiful campus are opened, we only envision more increased demand for our offerings.

Some of my own personal new year's resolutions for 2024 include: more time listening to Louie Armstrong and Nina Simone, more time for Hooper and Joe, more time for creativity and learning, to do something out of the norm each month of the year (i.e. in February we are scheduled to climb to the crown of the Statue of Liberty) and keep smiling by living in the sunshine.

I want to close my column by thanking everyone who voted for us as part of the Times Union's \$100,000 Give Away. For 2024, we were awarded a \$10,000 advertising grant. Thank you to everyone who contributed to our end-of-year Annual Appeal. I also want to give a big shout out to the New York State Council on the Arts and The Arts Center of the Capital Region for the underwriting of CSSC's recent Music Around the World Concert series. With the secured funding, we were able to host a beautiful variety of evening cultural concerts from June to December which were free and open to all.

Here's to 2024 and realizing that life is better when you are hopeful, happy, and impacting others with positivity.

Diane



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

January's Outing – Mexican Anyone?



TIPSY TACO
Cantina

Join Diane and Scott on their next scheduled international excursion to Topsy Taco Cantina located at 704 New Loudon Road in Latham on Wednesday, January 10 at 4:00 p.m. (CSSC buses will be leaving BLC and KTSC at 3:40 p.m.)

Opening in October 2023, this taco and tequila inspired restaurant, with a vibrant, family friendly dining experience is a wonderful opportunity to sample Mexican inspired flavors.

The cost of the meal is \$36, which will include an entrée (choices will be provided ahead of time) and dessert. (All beverage orders will be ala carte). CSSC Transportation Services are available to those who are unable to drive themselves for a voluntary donation of \$10 dollars.


Please call Madelyn at 518-459-2857 ext. 340 for additional information or to reserve your spot.



Watch Us Grow at 11 Elks Lane, Latham

With over 90% of the apartments spoken for, King Thiel II Senior Community is quickly taking shape and filling up. Now is the time to consider moving into CSSC's newest affordable independent senior living community. Expected completion date is on or about June 1, 2024. You can find additional information on the community at www.colonieseniors.org or by calling Diane at 518-459-2857 ext. 305.





SUBARU share the love® EVENT

Thank you Goldstein Subaru!

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 throughout the month of January 2024.

Sacred Spaces

Sikh gurudwara in Rensselaer

The journey continues on Wednesday, January 31st at 10:00 a.m. as Diane will lead a trip to the Sikh gurudwara located at 301 Washington Avenue in Rensselaer.

The word 'Sikh' means 'one who learns.' Sikhs believe in devotion to one true God, to earn an honest living and to share it with humanity. They uphold values of compassion, humility, spirituality, climate change, social justice and gender equality. Sikhs emphasize sustainability; The air is their teacher, the water is the father and the earth is the mother.

A gurdwara or gurudwara is a place of assembly and worship for Sikhs. People from all faiths and religions are welcomed in gurdwaras. Founded almost 40 years ago, the East Greenbush gurudwara was the first in upstate New York. In 2012, it moved to larger premises in Rensselaer.

The CSSC shuttle bus will leave The Beltrone Living Center at 9:40 a.m. and will return at approximately 11:30 a.m. The cost of this trip is \$10 dollars.

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



Cooking with Soul



On Tuesday, January 23, from 11:00 a.m. to 12:00 noon, please join Kizzie Williams, owner of Allie B's, for a cooking demonstration entitled "Cooking with Soul."

Allie B's is named for the late Allie Bee Bethea, native of South Carolina. In the 1960s, Allie Bee brought her unique recipes and style to Manhattan and began catering and selling food on the streets of Harlem.

The tradition continues through her daughter, Kizzy who nine years ago transplanted both her mother's recipes as well as her unmatched customer service and business style to the Capital Region

with the opening of Allie B's at 353 Clinton Avenue in Albany.

Worth noting, Kizzie is the reigning champ of CSSC's People's Choice Award that is bestowed annually at Chefs in Motion each September.

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

The cost is \$5.00 per person and will include lunch. Space is limited.

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



THE CENTER at CSSC

OPEN HOUSE!

Come to our annual party!

It's time for our Annual Open House, which is a chance to meet people, learn about what we do, try something new, and join in.

Thursday, January 11, 1:00 p.m. – 3:00 p.m.
Lakeview Dining Room in The Beltrone Living Center

The January, February and March catalog is here!

There is much to do, see and learn, and we invite you to join. In the next catalog, we're going to see and learn about the starry skies, local artists, and all kinds of history. We are also embarking on adventure, with a chance to snowshoe with some furry friends, lessons on axe throwing, the St. Patrick's Day parade, and a springtime wine-tasting event. We love creativity and there are classes offered in stained glass, jewelry-making, painting, pastel, collage, felting and more. Health and wellness is always important to us.

THE CENTER offers classes for many fitness levels and abilities, including Tai Chi, Yoga, Strength Training, QiGong, Line Dancing, Ballet, Tap Dancing, Nia and a special workshop in improving your golf game.

If you would like to be social, come play Mahjong, Rummikub, Bingo, Bridge or Cribbage. We have a writer's workshop and offer a peer support group and computer help.

There is truly too much to list here, so please come see us and learn about what we do, and how you can fit in.


If you are interested in joining, have questions about what programs are right for you, or just want to hear more about **THE CENTER**, feel free to reach out to Caroline Barrett or Sharon Herald. **THE CENTER's** Co-Directors.


Lastly, Membership dues for 2024 can be paid now: \$20 for the calendar year.

THE CENTER is
underwritten by:

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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, January 9th 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.



The Fall in Review

From September on, CSSC was very, very busy holding several of our events including: the 5th Annual Chefs in Motion, the 30th Annual The Beltrone Golf Classic, the inaugural "Bootin', Scootin' Fallallapalooza", and our Annual Veteran Recognition Luncheon. We want to thank everyone who took part and supported these events. Without you, we would not be able to do what we do!





Forever Young Singers
is sponsored by:



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.

Please Pardon Our Dust

If you have been over to 6 Winners Circle you can see that The Beltrone Living Center is a beehive of activity. Coming upon its 25th anniversary year, the building is going through quite a facelift with the installation of new windows and elevators.

We hope to have all these projects completed in the next several months.

Stay tuned.



Thank you for voting! . . .

to help us be one of the top 10 nonprofits to win \$10,000 in free advertising from the Times Union.



Defensive Driving Classes

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

- **Saturday, January 6, 2024,**
from 9:00 a.m. to 3:30 p.m.
- **Tuesday, January 23, 2024,**
from 9:00 a.m. to 3:30 p.m.
- **Saturday, February 10, 2024,**
from 9:00 a.m. to 3:30 p.m.
- **Thursday, February 22, 2024,**
from 9:00 a.m. to 3:30 p.m.

Classes will be held at The Beltrone Living Center, 6 Winners Circle, Albany, NY.

Special two night class at King Thiel, 17 Elks Ln, Latham, NY.
Attendees are required to attend both nights **Thursday, January 4, 2024 from 5:30 p.m. to 8:30 p.m. and Thursday, January 11, 2024 from 5:30 p.m. to 8:30 p.m.** for certification.

Cost is \$25 per person, due before day of class.
To reserve your seat, call 518-459-2857, ext. 340.



Save the Date

Warmth of *Winter*

**HELPING
SENIORS
KEEP THE
HEAT ON**



Wolferts Roost Country Club
Thursday, February 22, 2024,
from 5:30 – 8:30 p.m.

Please call 518-459-2857, ext. 302 or
email info@colonieseniors.org
for more information.



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 and their allies 55+ to allow participants to connect with each other and build community in a safe and accepting place.

Next gathering will be Friday, January 19, 2024 from 10:00 to 12:00 noon at The Beltrone Living Center, 6 Winners Circle, Albany. 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.



Thank You!

Special thank you to Price Chopper's Golub Foundation for your \$5,000 donation to our transportation services.



PRICE CHOPPER'S
Golub Foundation



If you are lucky, you might be able to spot a very special animal living on the campus of King Thiel Senior Community, a piebald deer.

Piebald deer are extremely rare with white spots on a pigmented background. All piebald deer have a unique pattern with brown eyes and noses. Native American tribes considered piebald deer to be embodiments of spirits passing to or from the spirit world. Seeing a piebald deer meant that change was coming. The Native American population carried profound respect for the piebald deer population.

Art Exhibit Reception

February 1, 2024

4:00 p.m. – 5:30 p.m.

The Beltrone Living Center
Gallery Hallway

RECEPTION
IS OPEN TO
THE PUBLIC

The award-winning nature photography of Scott Stoner and Denise Hackert-Stoner of Naturelogues has been widely exhibited, and has appeared in publications such as Birdwatching, National Wildlife, New York State Conservationist, and many others.

Denise and Scott donated many of the photos for the new visitor center at the Five Rivers Environmental Education Center, and are long-time judges for the Albany Pine Bush's annual photo contest.

Scott is retired after a 31-year career with the NYS Department of Environmental Conservation. Denise is an ordained priest in the Association of Roman Catholic Women Priests.

This year's exhibit is titled "Naturelogues" and contains approximately 40 photos of nature from the U.S. including Alaska and Hawaii, and several from Costa Rica. It will also have several photos of the skies above including eclipse and aurora.

Through their small local business, Naturelogues, Denise and Scott offer natural history slide programs and nature photography workshops for adults and children as well as sales of their nature photography and note cards. To see more of their work, please visit them at naturelogues.com.



Thank you, thank you, thank you... for making our holiday season brighter for our seniors



Allie B's donated 60 complete turkey dinners that were distributed by members of a local sorority on Thanksgiving



Broadview donated one hundred holiday gifts that CSSC employees were able to distribute to seniors in the community the second Saturday in December



Crisafulli Brothers donated beautifully decorated wreaths which were distributed to seniors throughout the Capital Region



Best Pass adopted several seniors for the holiday season

Ready to be involved in your community? Recently retired?

Part-time drivers needed to transport senior citizens in the Colonie area. Regular driver's license and an excellent driving record required. This is a great way to provide a community service and get paid. Contact Carol Ripley at 518-704-4261 or email cripley@colonieseniors.org for more information. EOE.



Stock up for the New Year

Do you know someone buying their first home, moving into a new apartment or in need of a tool they don't have? Why buy new when "like-new" works just as well and is affordable? The ToolBox has a wide assortment of tools, gadgets and gizmos that make a great gift for the person just starting out or for someone who is already a Mr./Ms. Fix-It. Plan ahead for that New Year project or task on the "Honey-Do" list. The ToolBox has something for everyone!

Located at 143 Troy-Schenectady Rd, Watervliet, the shop is open Tuesday through Saturday from 10 a.m. to 2 p.m. Stop in!



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 for food, and \$3 for entertainment.

Registration and Reservations are Required for this program. Call Liz at 518-459-2857 Ext. 303 for reservations by 12 p.m. the business day before.

Special Lunch Friday, January 5th at Noon: Holly Beltran has been entertaining audiences of all ages with her unique combination of songs, dance and props since 1999. Come enjoy a lively performance and a yummy lunch of Eggplant Parm w/Ziti!

Lunch & Learn Friday, January 12th at Noon: Boost your confidence in disaster preparedness by participating in the free “Be Red Cross Ready” program. Taught by certified presenters, the program focuses on educating adults to understand, prepare for, and respond appropriately to disasters through interactive and informative training

January 2024 Menu <small>Menu items are subject to change</small>			
1/1	CLOSED	1/16	Salmon Cakes
1/2	Chicken Pesto Lasagna	1/17	Chicken Broccoli Alfredo
1/3	Irish Beef Stew	1/18	Shepherds Pie
1/4	Oregano Lemon Chicken	1/19	Oven Fried Fish Sandwich w/Tater Tots
1/5	Lunch & Learn – Eggplant Parmesan	1/22	Lunch – Swedish Meatballs over Egg Noodles
1/8	Garlic, Ricotta Broccoli Pizza	1/22	Special Dinner – Chicken Parmesan w/Ziti
1/9	Meatloaf w/ Mashed Potatoes	1/23	Garlic Herb Baked Cod
1/10	Chicken Parm w/Ziti	1/24	Chicken Noodle Soup w/ ½ Turkey Sand
1/11	Cream of Broccoli Soup w/ ½ Turkey Sand.	1/25	Cornflake Chicken
1/12	Lunch & Learn – Shrimp Scampi	1/26	Baked Ziti
1/15	CLOSED	1/29	Chili Con Carne
		1/30	Chicken Piccata
		1/31	Stuffed Pepper

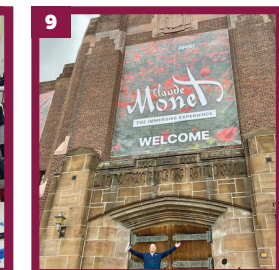
sessions. Lunch served will be Shrimp Scampi.

Special Dinner Monday, January 22nd at 5:00 p.m.: Come enjoy a fan-favorite meal, Chicken Parmesan and the tunes of Bob Treffiletti, who plays songs you'll want to sing a lot to from the 40s-60s.

Donations in Action – Through CSSC seniors are active!



- 1 Being honored at the Pride Center of the Capital Region's Annual Gala
- 2 International Diner's Club Outing to the Red Front in Troy
- 3 Cooking demonstration with Chef Joan Dembinski and Chef Paul Strasser
- 4 Monthly Community Food Giveaway. Thank you Regional Food Bank!
- 5 SANTA! And his trusty elf Peppermint
- 6 Smiling faces around serving community meals
- 7 Live music at Sheehy Manor
- 8 Getting creative at a CENTER art class
- 9 Incredible outing to the Monet Immersion Exhibit in Schenectady
- 10 Holiday concert with the Mendelssohn Club of Albany



CSSC Mission Statement

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

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

Directory

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Your donations make a lasting difference to seniors and their families.

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Albina Murphy

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Gloria Gatewood Russo

Mr & Mrs A.J. Sperrazza in memory of Constance Sperrazza in honor of Bright Horizons and Transportation

Donations received from 11/17/2023 to 12/19/2023

Winter Safety

Tips for walking safely on icy surfaces:

- 1 Wear gloves – don't keep hands in pockets
- 2 Keep hands free – use a backpack to carry items
- 3 Stay on designated walkways
- 4 Wear footwear meant for traction
- 5 Point feet out; extend arms to side for balance
- 6 Walk like a penguin: short steps or shuffle
- 7 Use special care when entering/exiting vehicle

