



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

# SENIOR CONNECTIONS

NOVEMBER 2023 | Volume 37, Edition 11

## Veteran's Recognition Luncheon: Thank You for Your Service

Thank you to our veterans who have served our country with bravery and perseverance. The selflessness required by a Veteran does not go unnoticed. We so appreciate your service and sacrifice.

On Monday, November 6, 2023, 11:00 a.m. – 1:00 p.m., Colonie Senior Service Centers will be holding its Annual Veterans Recognition Luncheon at The Beltrone Living Center, 6 Winners Circle, Albany.

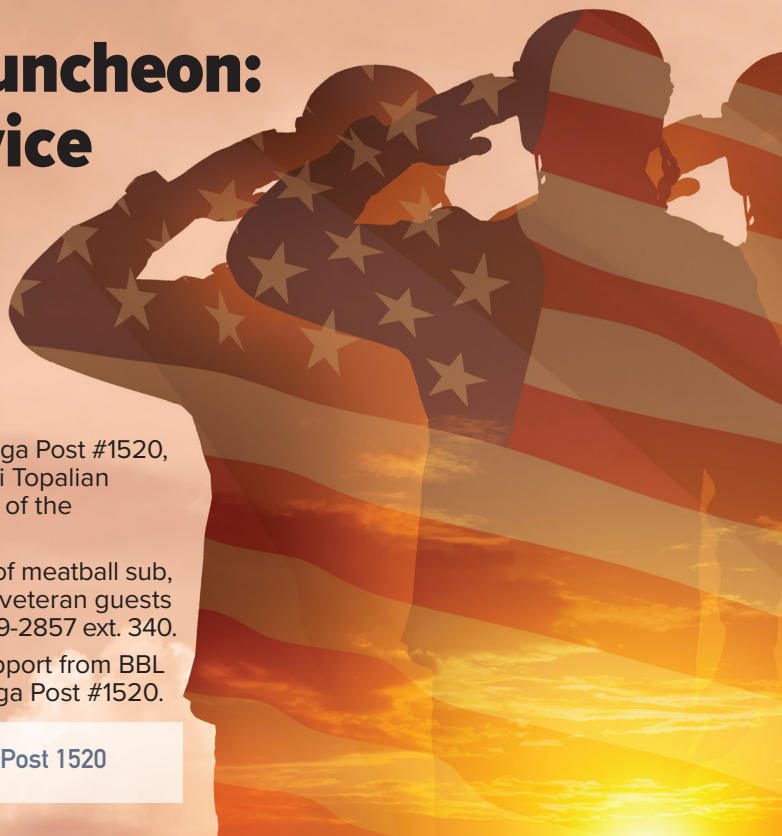
Join CSSC, the members of the American Legion Joseph E. Zaloga Post #1520, Albany High School JROTC Cadets, Blue Star Mothers, and Rafi Topalian "The Singing Jeweler" as we honor Veterans from all branches of the Armed Services.

There is no charge for Veterans to attend and a delicious lunch of meatball sub, tater tots, green salad and a cupcake will be served. Other non-veteran guests will be charged \$5. To make a reservation, call Madelyn at 518-459-2857 ext. 340.

This event is made possible with the generous underwriting support from BBL Construction Services and the American Legion Joseph E. Zaloga Post #1520.



Joseph E. Zaloga Post 1520



## Free Holiday Concert and Tree Lighting



On Wednesday, November 29 at 5:30 p.m., Colonie Senior Service Centers will be holding its Annual Free Holiday Concert with the Mendelssohn Club of Albany and Tree Lighting at The Beltrone Living Center, 6 Winners Circle, Albany.

Since its inception in 1909, the Mendelssohn Club of Albany has become the longest continuously performing arts group in the Capital District of New York State. The group is composed of men with a variety of occupations and interests who live in the greater Capital District, Hudson Valley and Berkshires. The Club is dedicated to preserving and presenting male choral music and blends musical experiences with fellowship for members through rehearsals, concerts and other musical events, afterglows and social gatherings.

In addition to the official lighting of The Beltrone Living Center holiday tree, the Mendelssohn Club of Albany will perform a beautifully appropriate set of songs to welcome the 2023 holiday season. Refreshments will be served.

This event is free and open to the public. For additional information, please contact Madelyn at 518-459-2857 ext. 340.



518.459.2857 | [www.colonieseniors.org](http://www.colonieseniors.org) | [info@colonieseniors.org](mailto:info@colonieseniors.org) | Connect with us:

Colonie Senior Service Centers, Inc. was established in 1981 as a duly authorized 501(c)(3) not-for-profit corporation.



## Message from the Executive Director



### Happy November

**November 5 – Diane and Joe's 35<sup>th</sup> Anniversary**

**November 7 – Election Day**

**November 11 – Veterans Day**

**November 13 - World Kindness Day**

**November 23 - Thanksgiving**

**Community is Where Community Happens**

Both figuratively or literally, the word "community" refers to a group of people living in the same place while having certain goals and interests in common. In essence delving deeper, community gives us a sense of belonging. As humans, we often make connections with one another, creating opportunities and building camaraderie. The beauty of our differences, thoughts, actions, and feelings on particular topics is what makes us individuals, while at the same time being part of a place we share.

Communities are inherently about relationships with others and a feeling of connectedness, which have a major impact on mental health. As the pandemic proved, without community, people feel more isolated and lonely. A community is a familiar thread used to bring people together to advocate and support each other. For instance, when you truly take a moment to think about "community" different thoughts may come to mind such as, your family, your immediate neighborhood or apartment complex,

your religious congregation, school, groups or clubs you belong to, the place you are employed, the municipality in your mailing address, and/or the county or state where you reside.

Daily, we have chances to offer positive interactions with one another whether at the grocery store, farmers' market, school assembly or social event. All of these moments are chances to create relationships as well as support one another.

During the month of November let us truly Give Thanks for what we have and the communities where we belong with a special thank you to our Veterans.

Just a reminder: we are offering several unique musical programs this month that are free and open to all. Please consider joining us. These events will take place in the Lakeview Room at The Beltrone Living Center, 6 Winners Circle, Albany.

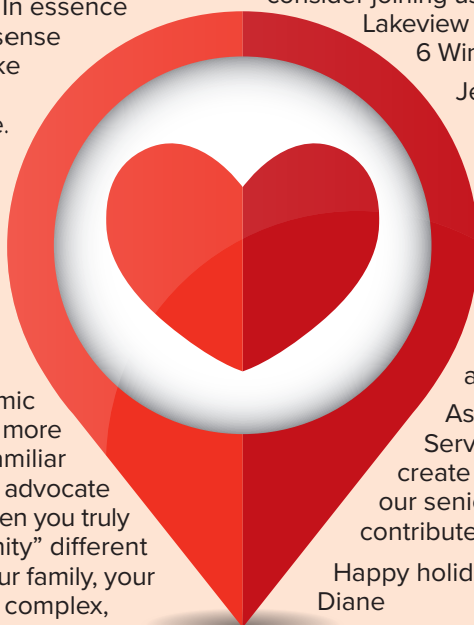
Jewish Appreciation Night – Monday, November 6, doors open at 5:00 p.m. with music starting at 6:00 p.m.

Celebrate Greece – Monday, November 13, doors open at 5:00 p.m. with music starting at 6:00 p.m.

Annual Tree Lighting & Holiday Concert with the Mendelssohn Club of Albany – Wednesday, November 29, at 5:30 p.m.

As a 42-year-old nonprofit, Colonie Senior Service Centers, Inc. (CSSC) strives to create programs and activities that support our senior population allowing them to contribute and stay active in our community.

Happy holidays –  
Diane



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



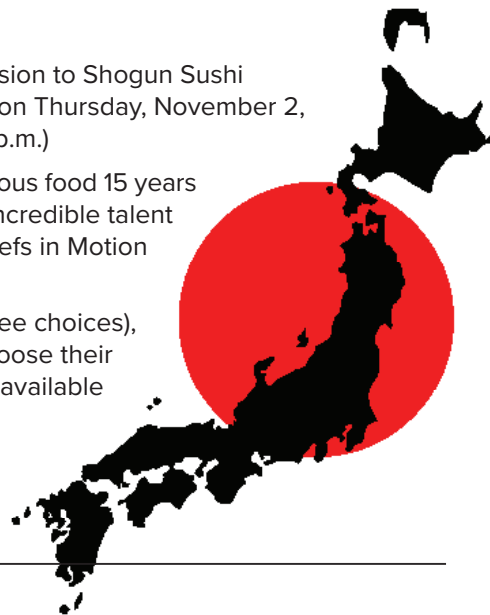
### November's Outing – Japanese Anyone?

Join Diane and Scott on their next scheduled international excursion to Shogun Sushi & Sake Bar located at 318 Delaware Avenue, Delmar, NY, 12054 on Thursday, November 2, at 4:00 p.m. (CSSC buses will be leaving BLC and KTSC at 3:30 p.m.)

Chef Jose Arteché combined his Asian heritage and love of delicious food 15 years ago, when he opened Shogun Sushi & Sake Bar in Delmar. His incredible talent and creativity does not go unnoticed winning CSSC's Annual Chefs in Motion "Judges Choice" Award for the past several years.

The cost of the meal is \$32, 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 to those who are unable to drive themselves.

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





## CSSC Needs You!

**VOTE,  
VOTE,  
VOTE!**

Thank you to  
Goldstein  
Auto Group for  
sponsoring CSSC

TIMES UNION  
**THE BIG  
\$100,000  
GIVEAWAY**

CAPITAL  
REGION  
GIVES

### Vote every day starting Sunday, November 19

CSSC is once again participating in the Times Union's Capital Region Gives Giveaway where we are eligible to win one of ten, \$10,000 advertising grants for 2024. We are hoping you will vote for Colonie Senior Service Centers. You can vote on any electronic device once a day throughout the entire contest period. It is easy to do, just visit [www.timesunion.com](http://www.timesunion.com) and click on the Capital Region Gives icon.

CSSC has been fortunate to have won the last several years and has once again been sponsored by Goldstein Auto Group to be able to participate.

Thank you in advance for your support.

## Meals that Care

In response to community requests, CSSC announced back in the fall of 2022 the start of a program called Meals that Care. This initiative, supported by generous donations from the community, Highmark, Goldstein Auto Group, and the Estate of Larry Siegel, supports those most in need; homebound, vulnerable, or ill community members living within a 5-mile radius of The Beltrone Living Center. Meals that Care is different from most home delivered meal programs as it aims to support those who are truly ill, in treatment, or in recovery and are unable to cook for themselves. The goal is to support a short-term need until an individual gets back on their feet and are able to care for their own needs again.

If you or your loved one is incapacitated and unable to cook, please consider this initiative. CSSC will accept requests for hot meals ordered at a fixed cost of \$10 per meal. Pre-payment is required. A set of prequalifying questions will be asked. Those who feel they or a loved one fit the criteria should contact Carol Ripley at 518-459-2857 ext. 310.



## Make a Lasting Difference by Making a Gift!

The bright sunshine and cooler temperatures of autumn are always a lift to our spirits. However, between rising food and gasoline prices, increasing rents, and hikes in the cost of home heating, we have all been impacted by economic challenges this year. In response to this year's unpredictability, Colonie Senior Service Centers, Inc. (CSSC) maintained its ability to assess the changing needs of seniors and offered a safety net of support. Providing a feeling of safety and security is no easy task, nor can it be accomplished alone. It is with the unwavering kindness and collective generosity of supporters like you that we can provide certainty and stability for seniors in need. Because of you, we have been able to successfully navigate new ways of meeting the needs of our community.

All of CSSC's existing Programs and Services are operating and seeing ever-increasing demand.

**THE CENTER at CSSC**, RSVP, Bright Horizons, Transportation Services, and Senior Dining all continue to grow. English as a Second Language (ESL), Aging with Pride, Meals that Care and Monthly Food Bank food distributions grew out of the COVID pandemic and its aftermath to serve new recognized needs in our community. Where there are challenges and demands, CSSC steps up to assist.

You can help by making a year-end gift to CSSC through the Annual Appeal. Your support allows CSSC to continue to feed, transport and engage seniors in a safe, healthy, and independent community. You can donate online by using our website at <https://colonieseniors.org/product/make-a-gift/> or you may write a check to Colonie Senior Service Centers, Inc., and mail to 6 Winners Circle, Albany, NY 12205.

Thank you in advance for your generosity!



SUBARU **share the love**® EVENT

### Thank you Goldstein Subaru!

We truly appreciate your support and selecting Colonie Senior Service Centers, Inc. for the 2023 Subaru "Share the Love" event!

**You are the best!**

Share the Love will run from  
November 2023 to January 2024

## Award Humbly Bestowed

On November 17<sup>th</sup>, Diane will be receiving the "Activated Ally of the Year Award" from the Pride Center of the Capital Region at their Annual Gala with this year's theme Amplifying Queer Voices of All Ages. The Gala is taking place at Franklin Plaza in Troy. Diane is being recognized for her commitment, as well as the commitment of the Colonie Senior Services Centers, Inc., to create and hold space for the LGBTQ+ community that is safe, affirming, and full of love. The monthly Aging with Pride group has found a home at The Beltrone, and the seniors who regularly come, truly feel a sense of family and belonging.

The Pride Center of the Capital Region is the oldest continuously operating LGBTQ center in the country. Their programs meet the health and human service needs of the LGBTQ community as well as educate and advocate for those needs in the broader Capital Region.

The Pride Center of the Capital Region is a member station of Colonie Senior Service Center's RSVP initiative.



## Cooking with NYS Maple Syrup – Liquid Gold

On Thursday, November 2, 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 a lite lunch. Space is limited. To make a reservation, please call Madelyn at 518-459-2857, ext. 340.



## 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, November 14<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.



## Thank you

Special thank you to the Leadership Team at Hannaford (96 Wolf Road, Windsor Plaza) for selecting us as their Fight Hunger Bag recipient for the month of September.



## 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 a safe and accepting place. **Next gathering will be Friday, December 1, 2023** 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.



## Join Us for Music Around the World Twice during November Celebrating Judaism and Greece

Mark your calendar for two ethnic (2) concerts during the month of November. The events will take place in the Lakeview Room at The Beltrone Living Center. Doors open at 5:00 p.m. with music starting at 6:00 p.m. A food concession and beverages will be available for sale.

### Jewish Appreciation Night

On Monday, November 6, entertainment will be provided by "Kol Simcha Orchestra" (KSO), a Quintet that specializes in traditional Jewish and Israeli music. Based in Albany, KSO has been delighting audiences at simchas from New York City to Boston, Rochester, Long Island, New Jersey and Connecticut. KSO plays Jewish music with an ear toward authenticity and respect for tradition.

### Celebrate Greece

On Monday, November 13, entertainment will be provided by "The Aegean Sounds". The Aegean Sounds' began playing Greek concerts and dances in this area forty years ago. The Greek dancers love that they can play all varieties of Greek style tunes to suit their preferences and keep their toes tapping. Besides their outstanding Greek repertoire, the band has added some well-known standards in case audiences would like to do a few sing-a-longs as a change of pace.



Open and free to all, these events are possible with funds from the Statewide Community Arts Program, a regrant program of the New York State Council on the Arts with support of The Governor and the New York State Legislature and administered by The Arts Center of the Capital Region. For questions or additional information, please contact Diane at 518-459-2857 ext. 305.





## 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 \$40. Chock-full of local NYS made food and gift items including jam, honey, maple syrup, spices, granola, potato chips and goatmilk soap.

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

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



## SAVE THE DATE

Please Join Us for CSSC's  
Schenectady County  
RSVP Volunteer  
Opportunity Fair!

Hon. Karen B Johnson Central Library  
99 Clinton Street, Schenectady, NY

Friday, November 17, 2023  
10 a.m. – 1 p.m.

Come meet the RSVP non-profit  
stations of Schenectady County.

Get volunteer information and learn  
what each station offers the community!

We will have fun door prizes  
and refreshments!

Call Christine Tremblay, Director  
of RSVP for questions  
518-459-2857 ext. 308



**AmeriCorps  
Seniors**



Colonie Senior Service Centers, Inc. is the grantee of Retired Senior Volunteer Program (RSVP) for the Capital Region

## Recovery Grill Outing

Recovery Grill has selected CSSC in their "Dine to Donate" program at their Troy, New York location (235 Hoosick Street, Troy, NY) on Thursday, November 30, 2023.

Go on your own or go with Diane in the afternoon, CSSC Transportation Services are available to those who are unable to drive themselves. Please call Madelyn at 518-459-2857 ext. 340 for additional information or to reserve your spot.



## CSSC's Artists of the Month – Marjorie and Russ Ward

Please join CSSC on Wednesday, November 1, from 4:00 to 5:00 p.m. for the opening reception of "Portraits in Art", a joint exhibit by husband and wife local artists Russ and Marjorie Ward taking place in the Gallery Hallway at The Beltrone Living Center. Each with their own mediums, she using alcohol ink, he using photography, their creations can help you appreciate art in new ways with their realistic, expressive and whimsical approach.

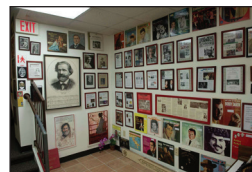
Marjorie has instructed numerous classes as well as served on many committees for CSSC. Russ has served as CSSC's Board President twice over the last three decades, currently serving in the position of Vice President. Their commitment to Colonie Senior Service Centers and its mission is remarkable.

Light refreshments will be served. The exhibit opening is free and open to all. Their pieces will be available for sale and the exhibit will remain up until the end of the year.



## Newsletter Station Highlight: American Italian Heritage Museum

On October 4<sup>th</sup>, 2009, the American Italian Heritage Museum opened its doors. The Museum is in the former Our Lady of Mercy Church, on Central Ave in Colonie. The building was originally built by Italian immigrants in 1922. The museum is committed to recording and preserving the contributions of local American Italian Heritages. The museum offers newsletters, activities, exhibits, and outreach programs. The building also offers a cultural program on the second floor of the museum, which offers a library, and language classes. Volunteers at the American Italian Heritage Museum come together to achieve extraordinary things. Volunteers use their talents to record and preserve American Italian heritage and culture. If you are interested in volunteering at the American Italian Heritage Museum and Cultural Center, please email [ctremblay@colonieseniors.org](mailto:ctremblay@colonieseniors.org).



## Discover THE CENTER at CSSC

From state parks to adventure parks, breweries to bakeries, performing arts to fine art, history to mysteries, **THE CENTER at CSSC** has so much to offer. Please see all our offerings online at [colonieseniors.org](http://colonieseniors.org).

For more information or to join, call Caroline at 518-459-2957 ext. 327.

**THE CENTER** is  
underwritten by:

Transportation  
Sponsor

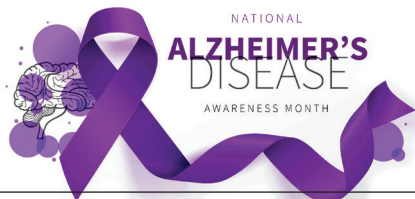


Programmatic  
Sponsor



## Alzheimer's Caregiver Support Group

November is National Alzheimer's Awareness Month. We at Bright Horizons Adult Day Social Program would like to remind everyone that we offer an Alzheimer's Caregiver Support Group for community members. The group meets every third Monday of each month from 9:00 a.m. – 10:00 a.m. in The Beltrone Library. We support each other by sharing our healthcare journey experiences while providing education, information, and community resources to caregivers. If you are unable to attend in-person we provide access to our monthly support group via Zoom. To receive more information please contact Sue Napierski at 518-459-7967 or snapierski@colonieseniors.org



## Defensive Driving Classes

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

- **Saturday, November 4, 2023, from 9:00 a.m. to 3:30 p.m.**
- **Tuesday, November 28, 2023, from 9:00 a.m. to 3:30 p.m.**
- **Saturday, December 9, 2023, from 9:00 a.m. to 3:30 p.m.**
- **Tuesday, December 19, 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.**



## ESL Update – A Year in Review

Begun in the summer of 2022, CSSC's ESL classes currently host senior immigrants and refugees from four countries (Myanmar, Ukraine, Korea and Afghanistan) two days a week from 10:00 to 12:00 noon. These individuals are hoping to have command of the English language and to belong to something larger than themselves and their past. In addition to small group and classroom instruction, many students often stay after class to take part in CSSC's community lunch and other activities.

With a great deal of support and empathy, the progression of students' interaction is amazing to watch. Through their diversity has come community and understanding. It is humbling to recognize what we often take for granted and CSSC is honored to serve in this role for the greater community.

The RSVP volunteers for ESL teachers and co-teachers have 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, and Sandi for contributing to the success of this program.

## Bright Horizons News

### Thanks for Caregiving Event

National Family Caregivers Month is also recognized in November. Each year Bright Horizons honors our caregivers at our Thanks for Caregiving event which will be held on Tuesday, November 14, 2023, at 4:00 p.m. in the Lakeview Dining Room at The Beltrone Living Center. We are honored to have Diane Cameron, a leader, director, speaker, fundraiser, trainer, and author as our keynote speaker this year. "Gratitude and Grace for Family Caregivers" will be Diane's topic for the evening. It is a pleasure providing services to our caregivers through our Bright Horizons Adult Day Social Program and our Bridge to Respite Program. Caregivers care for others while forgetting about themselves. Respite care is so important for the health and wellbeing of the caregiver. We try to ease the stress and anxiety for as many caregivers as possible.

*"Caregivers are Super Heroes in comfortable clothes."*  
Quote from thegrayplanet.com



## Watch Us Grow at 11 Elks Lane, Latham

With over 70% of the apartments spoken for, King Thiel II Senior Community is quickly taking shape and filling up. Windows are in and interior sheet rocking has begun. 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](http://www.colonieseniors.org) or by calling Diane at 518-459-2857 ext. 305.





## 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, November 3<sup>rd</sup> at Noon:

Come enjoy lunch with the community and tunes from Rick Bedrosian, a returning hit. Lunch served will be Oregano Lemon Chicken with roasted potatoes, stewed tomatoes, green salad, and a brownie.

### Lunch & Learn Monday, November 13<sup>th</sup> at Noon:

Come hear from Dan Baggot of "Hear For You". Dan will be discussing hearing loss, prevention and aids for hearing. Dan will also be conducting hearing screenings on the spot.

**Special Dinner Monday, November 20<sup>th</sup> at 5:00 p.m.:**  
Due to the expected high RSVPs, Walk-ins will not be

## November 2023 Menu Menu items are subject to change

|       |   |       |  |
|-------|---|-------|--|
| 11/1  | Bacon, Shrimp & Corn Chowder w/ ½ Turkey Sand               | 11/20 | Lunch – Shrimp Scampi over Angel Hair w/Peas |
| 11/2  | Butternut Squash Mac & Cheese                               | 11/20 | Special Dinner – Turkey Dinner               |
| 11/3  | Special Lunch – Oregano Lemon Chicken                       | 11/21 | Chicken Marsala                              |
| 11/6  | Meatball Sub  | 11/22 | Chicken Pesto Bake                           |
| 11/7  | Meatloaf  | 11/23 | CLOSED THANKSGIVING                          |
| 11/8  | Stuffed Shells  | 11/24 | CLOSED THANKSGIVING                          |
| 11/9  | Fall Veggies & Cheese Quiche                                | 11/27 | Baked Ham & Scalloped Potatoes               |
| 11/10 | CLOSED VETERANS DAY   | 11/28 | Garlic Ricotta Broccoli Pizza                |
| 11/13 | Lunch & Learn – Pumpkin Alfredo & Turkey Sausage Fettuccine | 11/29 | Chicken Piccata                              |
| 11/14 | Chicken & Dumplings   | 11/30 | Salmon Cakes                                 |
| 11/15 | Cornflake Chicken   |       |  |
| 11/16 | Cider Braised Pork  |       |  |
| 11/17 | Grilled Cheese & Tomato Soup                                |       |  |

**permitted.** Reservations are required by Friday, November 17<sup>th</sup> at 12:00 p.m. by calling 518-459-2857 ext 303. Come enjoy a wonderful Turkey Dinner and hear Cole Broderick's jazz and classical piano pieces. Dinner served will be Turkey with Gravy, Mashed Potatoes, Roasted Butternut Squash, Stuffing, Fruit Cup and Pumpkin Pie.

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









































**1** Healthy Neighborhood: Let's Celebrate, co-sponsored with CDPHP and CCP

**2** CSSC Board members tour King Thiel II

**3** 2023 Aging with Pride Cruise

**4** International Diners Club at Athos Restaurant

**5** Scott and daughter Haylie represented CSSC at CYC's 20th annual 5k

**6** Brazilian Night

**7** Monthly Food Distribution

**8** 30<sup>th</sup> Annual Salvatore R. and Anna E. Beltrone Golf Classic

## 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

### AmeriCorps/RSVP and Volunteers

Christine Tremblay, Director  
518-459-2857, ext. 308

### Senior Dining

Liz Hatlee, Director  
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



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.

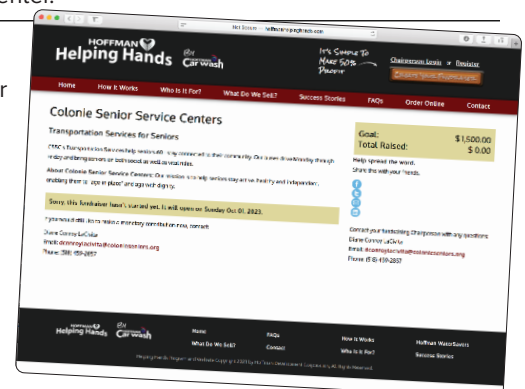
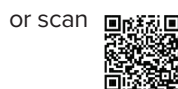
New members are always welcome to join this active group of singers. The emphasis is on having fun and sharing that joy with others through music. Rehearsals take place every Thursday at 1:00 p.m. at The Beltrone Living Center.

## Hoffman Helping Hands

Thank you Hoffman Car Wash for placing Colonie Senior Service Centers, Inc. into your "Helping Hands" fundraising program for the months of October, November, and December.

Visit the link or scan the QR code to visit the online fundraising page.

Please donate by going to  
[www.hoffmanhelpinghands.com/fundraiser.cfm?id=28949](http://www.hoffmanhelpinghands.com/fundraiser.cfm?id=28949)



Visit the CSSC "Helping Hands" page from October 1, 2023 to December 31, 2023!

## Holiday Raffle – Get a Head Start on Your Holiday Shopping



Beginning Tuesday, November 20<sup>th</sup> to December 1<sup>st</sup>, raffle tickets will be available for CSSC's annual holiday raffle. Fabulous prizes are to be had including: overnight stays (with breakfast), gift cards to many area businesses, beautifully themed gift baskets and more.

Raffle tickets are \$10 each. To purchase your raffle ticket, please call Sharon Herald at 518-459-2857 ext. 302.