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SENIOR CONNECTIONS

APRIL 2024 | Volume 38, Edition 4

Please Join Us for our 26th Annual Mother's Day Fashion Show and Luncheon

Blooming flowers, chirping birds, longer daylight hours, and warmer temperatures are classic signs of spring. The anticipated atmosphere of the spring season is a sure indication the planning of CSSC's Annual Mother's Day Fashion Show and Luncheon is well under way. So, mark your calendar. This year's Mother's Day Fashion Show and Luncheon is scheduled to take place on Friday, May 10th, from 11:30 a.m. to 1:30 p.m., in the Lakeview Room at The Beltrone Living Center, 6 Winners Circle, Albany.

For 26 years, Colonie Senior Service Centers, Inc. has honored and recognized our grandmothers, moms and daughters at this entertaining annual event. In addition to honoring the beloved women in our lives, we also raise funds through corporate sponsors, honorary committee and community tickets sales that help fund our Transportation Services Department that has been transporting seniors since 1984. Your donation will be put into action each and every day as we transport seniors to their medical appointments, shopping outings, volunteer opportunities in the community as well as social, cultural, life-long learning and religious events.



CSSC is thrilled to have the incredible NewsChannel 13 anchor, Chris Onorato, return as our Fashion Show emcee. Our fabulous models will

again be wearing the latest fashions from Chico's in Stuyvesant Plaza, and be escorted down the runway by members of the Town of Colonie Police Department to the music of our favorite DJ Joe Glickman. Floral motifs, pastel colors and lightweight fabrics will evoke the freshness of the spring/summer fashion. A delicious lunch, prepared by Mazzone Hospitality,

will be served as guests enjoy the show. Attendees will be able to take part in a raffle featuring dozens of enticing items donated by local businesses, corporate partners and community supporters.

Please join us as the collaborative support of local companies, community leaders and friends honor their mothers, grandmothers and daughters. Thank you to our sponsors: CDPHP, BBL, Colonie Mechanical Contractors Inc., St. Peters Health Partners, Fort Orange Press, Goldstein Auto Group, Howard Hanna, Mercury Screen Printing, Organize Senior Moves, Albany Diocesan Cemeteries, and Rensselaer Appliance. More information

on sponsoring, becoming a member of the honorary committee or purchasing tickets is available on our website at www.colonieseniors.com or by contacting us at 518-459-2857 ext. 302.



SPONSORS			



Message from the Executive Director

Happy April!



April 5 – Joe’s 63rd Birthday

April 22 –Earth Day

The arrival of warmer weather and more sunshine brings a refreshing change to upstate. It is a great time of year to enjoy outdoor activities, witness nature’s vibrant renewal, and embrace the positive energy that comes with the changing seasons. Our spring

catalogue for **THE CENTER at CSSC** has been released, presenting a multitude of opportunities for seniors to learn and grow. Everything from Pickleball Clinics and Bird Walks to Understanding Ramadan and visiting the Statue of Liberty and Ellis Island is being offered. CSSC is so fortunate to have such incredible staff that create and implement such a wide range of educational opportunities, and day-to-day programs and services.

Let us not forget, it was only a short four (4) years ago when the COVID Pandemic crippled CSSC’s conventional programming and services as well as the nation as a whole. Over the last several years, CSSC staff’s willingness to adapt, persevere through difficulties, cut unnecessary elements, secure and save resources diligently, as well as

face challenges head-on reflects our strong commitment to achieving and continuing our purpose as a nonprofit. Our resilience and resourcefulness have been valuable traits that have contributed significantly to our journey as an organization as well as our dedication and ability to overcome obstructions. Each step we have taken is a testament of overcoming obstacles while celebrating successes. The growth of our Senior Centers, Transportation Services, and Community Lunch Program, are an indication to the positive impact and support we have provided and continue to provide the community.

In closing, I want to wish my husband and partner of 35 years, Joe, the happiest of birthdays. It is because of his support that I am able to grow and succeed as a human being.

– Diane Conroy-LaCivita



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

April’s Outing – Allie B’s Anyone?

Join Diane and Scott on April’s scheduled international excursion to Allie B’s Cozy Kitchen located at 353 Clinton Avenue in Albany on Wednesday, April 17 at 4:00 p.m. (CSSC buses will be leaving BLC and KTSC at 3:30 p.m.).

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.

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

Allie B’s Cozy Kitchen offers award-winning delicious comfort food. Recognized for its outstanding southern inspired cuisine, excellent service and friendly staff, Allie B’s Cozy Kitchen is a cornerstone in the Albany community. The restaurant is known for its modern interpretation of classic dishes and its insistence on only using high-quality fresh ingredients.

The cost of the meal is \$28, which will include an entrée (choices will be provided ahead of time) and dessert. CSSC Transportation Services are available to those who are unable to drive themselves for a voluntary donation of \$10 dollars. Space is limited.

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





CSSC's International Diners Club – For the Love of Food May's Outing – Irish Anyone?

Join Diane and Scott on Wednesday, May 8 at 6:00 p.m. (CSSC buses will be leaving BLC and KTSC at 5:00 p.m.) for an excursion to The Parting Glass. The Parting Glass opened on Saint Patrick's Day in 1981. In the 1990's The Parting Glass had the honor of being voted one of the top ten great places to toast the luck of the Irish by USA Today.

The cost of the meal is \$37, which will include a buffet and dessert. CSSC Transportation Services are available to those who are unable to drive themselves for a voluntary donation of \$10 dollars. Space is limited. Please call Madelyn at 518-459-2857 ext. 340 for additional information or to reserve your spot.



May's Cooking Demonstration – Let Us Eat Cake

Join Diane and Christine on Thursday, May 16, from 11:00 a.m. to 12:00 noon for a fun-filled, hands-on class as attendees will have an opportunity to decorate their own creations to take home. Using glazes, syrups, fresh fruits, chocolate ganache and edible flowers, there will be a variety of cake flavors to choose from.

The fee is \$5. A light lunch will be served. Space is limited and prepayment for the class is required. To make a reservation, please contact 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, April 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.



Defensive Driving Classes

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

- **Thursday, April 11, 2024, from 9:00 a.m. to 3:30 p.m.**
- **Tuesday, April 23, 2024, from 9:00 a.m. to 3:30 p.m.**
- **Tuesday, May 7, 2024, from 9:00 a.m. to 3:30 p.m.**
- **Tuesday, May 21, 2024, from 9:00 a.m. to 3:30 p.m.**



Don't Have the Time for a Weekday Class? Can't Find the Time for an All Day Saturday? We Have the Answer for You!

- **Wednesday and Thursday, June 12 and June 13, 2024 two part night class from 5:30 p.m. to 8:30 p.m. Must attend both sessions.**
- **Thursday, June 27, 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. **Cost is \$25 per person, due before day of class. To reserve your seat, call 518-459-2857, ext. 340.**

Aging with Pride

Colonie Senior Service Centers, Inc. is excited to partner with the Pride Center of the Capital Region to help host Aging with Pride, a monthly group for LGBTQ+ folks 55+ to allow participants to connect with each other and build community in an safe and accepting space. Join us Friday, April 26th from 10:00 a.m. to 12:00 noon at The Beltrone Living Center, 6 Winners Circle, Albany, and every 4th Friday of the month after that. Expect music, fun, camaraderie, and a lot of love and support! Attendees are able to make a reservation and stay for lunch afterwards. For questions and additional information, please call Diane at 518-459-2857 ext. 305.



RSVP Volunteer Program News

Great news! RSVP is happy to announce that the program has received approval for another three years of grant funding through AmeriCorps Seniors. We are thrilled to continue to serve our community, with the help of our wonderful RSVP Volunteers!

The RSVP Volunteer program partners with 60 non-profit stations to help find the best volunteer opportunities for individuals 55 and older. The program offers a wide range of volunteer opportunities, like hospitals, youth programs, historical sites, museums, food banks, and many more!

Reach out to Christine Tremblay, Director of RSVP and Volunteer services for any questions.

ctremblay@colonieseniors.org or 518-459-2857 ext. 308.



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



Spring Has Sprung at the Tool Box

The air, once crisp with winter's chill, now carries the promise of warmth. As nature awakens, so too does the urge to embark on small, transformative tasks within the sanctuary of our homes. Whether it's tending to a flourishing garden or refreshing our living spaces, the season beckons with the vibrant energy of renewal.

Please remember that CSSC's Tool Box, located in the Hilltop Plaza Shopping Center, 143 Troy-Schenectady Rd. in Watervliet, is open Tuesday through Saturday from 10:00 am to 2:00 p.m. and always has a wide variety of items for sale. Check us out before going to the big box stores. We may actually have what you need and are looking for. You can call the Tool Box at 518-608-4758.



Here's to the Future Opening of King Thiel II Senior Community

Once open on or about August 1, 2024, Colonie Senior Service Centers, Inc. will have 496 apartments in its apartment portfolio.

Realizing the tremendous need that is out there for independent seniors, CSSC is proud that we are able to create more affordable housing while supporting, through our many programs and services, the communities our residents call home.



April's Sacred Space Visit – St. Joseph Church

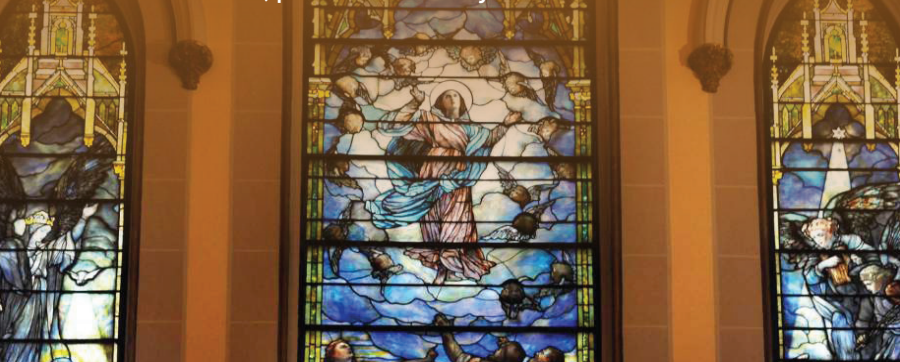
The journey continues on Wednesday, April 24th as we visit another area sacred space. Join Diane as she travels to St. Joseph Church in South Troy.

St. Joseph Church, once referred to as the "Ironworker's Church," was founded May 2, 1847, by Fr. Peter Havermans. In 1848 the Church, serving a mostly Irish-American Community in South Troy, came under the care of Jesuits.

The church building is Gothic, cruciform in shape, and erected in the basic style of the 13th century architecture. The Main Altar was built of purest statuary marble and onyx, upon which DeVinci's Last Supper is carved in Italian Carrara marble. The Stations were imported from Munich, Germany, and St. Joseph Church is host to the second largest collection of Tiffany Stained Glass Windows in the US. Sometime between 1902-1912, the Pulpit and Baptistry were added. The Baptistry is complete with Tiffany stained glass depictions of St John the Baptist, Mary, and the infant, Jesus.

The CSSC shuttle bus will leave The Beltrone Living Center at 10:00 a.m. and return at approximately 12:00 noon. The cost of this trip is \$10 dollars.

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



THE CENTER at CSSC

The new catalog is here! April, May and June have great things in store. We're celebrating spring, life, learning and the spirit of adventure, too. Here's a sample of what's happening:

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



Glen Sanders History Luncheon and Tour
 Wednesday, May 8, bus leaves The Beltrone at 1:00 p.m. and returns at approximately 5:45 p.m.
 \$89 for members and \$99 for not-yet-members.

Pickleball Basics Clinic
 4 Mondays, April 29 – May 20, 10:00 – 12:00 noon.
 \$159 for members and \$169 for not-yet-members.

Needle Felted Mushrooms
 Friday, June 7, 10:00 a.m. – 1:00 p.m.
 \$48 for members and \$58 for not-yet-members.

Total Eclipse of The Sun Learning Lecture
 Friday, April 5, 2:00 p.m. – 3:00 p.m.
 \$5 for members and \$15 for not-yet-members. Registration required.

Understanding Ramadan
 Tuesday, April 9, 1:00 p.m. – 2:30 p.m.
 Free for members. Registration required.

Thank-you, Gracias, Merci, Danke

Umbrella of Colonie would like to personally thank Chairperson Andrea Crisafulli along with this year's wonderful Warmth of Winter committee members. Their hard work and tireless efforts helped secure sponsorships to reduce heating costs for Umbrella of Colonie members did not go unnoticed. We so appreciate their dedication to this event.



What's Ahead in 2024 – Mark Your Calendar

- Mother's Day Fashion Show and Luncheon** – Friday, May 10th
- Summerfest and Active Aging Fair** – Monday, June 24th
- The Salvator R. and Anna E. Beltrone Golf Classic** – Monday, September 9th
- Annual Chefs in Motion** – Monday, September 16th
- Bootin', Scootin' Fallallapalooza** – Thursday, October 10th



Announcing New Photo Exhibit in Gallery Hallway at The Beltrone

For the months of April and May, a photo exhibit will take place in the Gallery Hallway of The Beltrone featuring the works of Amy Modesti from Cropseyville, NY. Amy is the founder of "ALM Fine Art and Photography" and "Around Town With Amy Modesti", and is a multi-media artist, photographer, and photojournalist. Specializing in concert and event photography, Modesti made her mark in the promotion and documentation of the Capital Region's creative and energetic live music and art scene.

All are invited to an opening reception to meet the artist on Wednesday, April 3rd at 4:00 p.m.





April's Community Drive Thru Dinner

Thursday, April 11th, from 4:00 p.m. to 5:00 p.m.

Menu

- Vegetable Barley Soup
- Chicken & Shrimp in Champagne Sauce
- Rainbow Tortellini
- Asparagus
- Roll & Butter
- Strawberry Chocolate Éclair



May's Community Drive Thru Dinner

Thursday, May 9th, from 4:00 p.m. to 5:00 p.m.

Menu

- Sicilian Lentil Soup
- Tomato-Artichoke Salad
- Fruits di Mer (Italian Seafood Stew – Haddock, Shrimp, Clams, and Mussels) served over Linguine
- Tiramisu

These wonderful drive thru meals are available to anyone in the community. Reservations are required and the cost is \$17 per meal. For those who have difficulty getting to The Beltrone, CSSC will make home deliveries within a small radius of 6 Winners Circle. To make a reservation, please call 518-459-2857, ext. 340.



FREE Earth Day Community Concert and Activities at The Beltrone Living Center

Monday, April 22, Doors open at 3:00 p.m., music from 5:00p.m. to 7:00 p.m.

With the generous support of CDPHP, please join CSSC for an Earth Day inspired community concert with some fun activities prior to the music in the Lakeview Room at The Beltrone Living Center. Starting at 3:00 p.m. join CCSSC's incredible staff and volunteers for hands-on activities celebrating Earth Day including nature crafts and an opportunity to start your garden seeds.

Music by local classic rock band Jade will play two (2) one-hour sets hours beginning at 5:00 p.m.. The band originated in 1971 at DeJulio's Tavern in Rensselaer.

Mazzone Hospitality will have a variety of menu items available for sale starting at 4:00 p.m.. CSSC will have a bar available for beverage purchases.

For additional information, please contact Diane at 518-459-2857 ext. 305. All are welcome and reservations are not required.

Sponsored By



Join Us for April Fools!

On Monday, April 1, from 2:00 p.m. – 3:00 p.m., we invite you to join CSSC staff and volunteers for an afternoon of a quick-witted celebration full of riddles and games to celebrate April Fool's Day. In addition to a participatory episode of "Wait, Wait, Don't Tell Me" modeled after NPR's weekly news quiz hosted by Peter Sagal, we will also offer a Scavenger Hunt. The Hunt will begin in Lakeview and take you on a fun and mysterious round-about the south end of the first floor of The Beltrone Living Center. A prize awaits the first three clue-busters that can bring all the riddles back to Lakeview. Bring your good humor and be ready for practical jokes and hoaxes. Refreshments will be served. This event is free and open to all.

For additional information, please call Madelyn at 518-459-2857 ext. 340.



Calling all Singers

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

Forever Young Singers is sponsored by:



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, April 5th at Noon: Come hear the tunes of "Red King Duo" (guitarists & vocalists) Bob Redmon & David King. Lunch served Shrimp Scampi.

Jazz Concert Monday, April 8th at Noon: Come hear a special performance by "Peter Van Keuren Quartet" funded by the Music Performance Trust Fund and arranged by the Albany Musicians Association Local 14. Lunch served Mac & Cheese.

April 2024 Menu Menu items are subject to change

4/1	Garlic Ricotta Broccoli Pizza	4/15	Lunch Swedish Meatballs over Egg Noodles
4/2	Meatloaf	4/15	Special Dinner Meatloaf
4/3	Chicken Parm w/Ziti	4/16	Garlic Herb Baked Cod
4/4	Cream of Broccoli Soup w/ ½ Turkey Sand.	4/17	Chicken Noodle Soup w/ ½ Turkey Sand.
4/5	Special Lunch Shrimp Scampi over Angel Hair w/Peas	4/18	Cornflake Chicken
4/8	Jazz Concert Mac & Cheese	4/19	Baked Ziti
4/9	Salmon Cakes	4/22	Chili Con Carne
4/10	Chicken Broccoli Alfredo	4/23	Chicken Piccata
4/11	Shepherds Pie	4/24	Stuffed Pepper
4/12	Lunch & Learn Oven Fried Fish Sandwich	4/25	Chicken Caesar Salad
		4/26	Seafood Mac & Cheese
		4/29	Apricot Beef Brisket
		4/30	Chicken ala King

Lunch & Learn Friday, March 12th at Noon: Come hear from K9 handler Sgt. Michael Clough and his K9 partner Eddie from Colonie PD. Sgt Clough will discuss how Eddie was trained and show some of his police dog skills.

Special Dinner Monday, April 15th at 5:00 P.M.: Come hear Lucia & Levi and enjoy a Meatloaf Dinner with your community. Lucia & Levi will be playing jazz standards, blues, & reggae.

Donations in Action – Through CSSC seniors are active!



1 Axe Throwing

2 Felt class at **THE CENTER**

3 Lunch and learn "Irish in the Capital Region" by local author, Albany County Historian and former Assembly Member Jack McEneny

4 Celebrating International Women's Day at CSSC with over 250 in attendance

5 Visiting Midway Fire Department

6 Mardi Gras/Valentines Day Celebration in The Beltrone Living Center Lakeview Room

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.

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Statue of Liberty and Ellis Island Outing

On Tuesday, April 16, join Diane and Sharon as they visit two iconic American landmarks.

The group will travel by coach to Liberty Park in New Jersey, where we will board the ferry, bound for Ellis Island to see how more than 12 million people entered the U.S. between 1892 – 1954. Next onto Liberty Island for a self-guided tour of the museum and strolling the park-like grounds of the island, which give sweeping views of New York Harbor. Our tickets include access to the pedestal of the Statue of Liberty. Visiting the pedestal is a great addition to our trip to Liberty Island. There are 215 steps or approximately 10 stories to climb to the top of the pedestal. There is an elevator for those who cannot use the stairs.

There will be snacks on the bus, and food is available for purchase at both sites. The bus will leave The Beltrone at 7:30 a.m. and return at approximately 7:30 p.m. The cost is \$99 for members of **THE CENTER** and \$109 for not-yet-members.

New Course Offered – Beer 101

Are you a microbeer admirer? Join us for a fun afternoon of learning, tasting and sipping. In this class, James Flournoy, head brewer from Rare Form Brewery in Troy, will lead us in an exploration of American-style microbrews, including the brewing process, what exactly goes into beer, different styles, along with delicious tapas to go with each sip. Included is a flight of five different styles of beer, and food to accompany each. James has been brewing beer for Rare Form Brewery for 10 years. Choose one date.

Tuesday, April 30, 1:30 p.m. – 3:30 p.m. at The Beltrone or Wednesday, May 8, 1:30 p.m. – 3:30 p.m. at King Thiel Senior Community. The cost is \$19 for members of **THE CENTER** and \$29 for not-yet-members.

