

CSSC Introduces Homemade Frozen Meals and Soups To-Go

CSSC recognizes that eating can be a source of immense happiness and fulfillment. Eating is a sensory experience that involves not only taste but aroma, texture and presentation as well. Eating good quality food is a way to nourish your body and soul while often bringing people together to share moments of pleasure and connection.

In 2023 using the commercial kitchen at The Beltrone Living Center and the culinary talent of Mazzone Hospitality, over 31,000 noontime meals were served to area seniors in five community lunch locations. Often seniors consider these meals their main meal of the day. The numbers of meals served by CSSC throughout the week has seen a dramatic increase since the post-pandemic reopening of our meal sites.

Beginning Wednesday, May 1st, Colonie Senior Service Centers, Inc. will be partnering with Mazzone Hospitality to produce a series of healthy, nutritionally balanced frozen entrees and soups that will be available for sale in our cafes/stores at both The Beltrone Living Center, 6 Winners Circle, Albany, and King Thiel Senior Community, 17 Elks Lane, Latham.

Designed for takeout, the frozen entrees can be heated both in a microwave or a conventional oven. Menu selections will vary and will feature favorites our current dinners enjoy such as meatloaf, turkey, and macaroni and cheese. Each delicious meal will contain a protein, a starch and a vegetable, and will cost \$6. each. To accompany these meals a wide variety of homemade soups such as roasted red pepper, split pea, cream of broccoli, Italian wedding soup and fish chowder will be available for purchase at a cost of two (2) for \$6.

Both the frozen meals and soups are available to all and can be purchased daily when the café/stores are open. For additional information please call 518-459-2857 ext. 305.



Message from the Executive Director



Happy May!

May 1 **May Day**
May 5–11 **National Pet Week**
May 5 **Cinco de Mayo**
May 12 **Mother's Day**
May 27 **Memorial Day**

Core of Our Community

It is not often that we can see the significance of something without giving it time to sink in and realize the impact the way hard work and efforts affect others in the community.

Case in point, creating more affordable housing and programmatic spaces to support the seniors.

With an updated opening of August 1st, 2024, CSSC will be introducing its fourth independent affordable community, King Thiel II Senior Community (KTSC II) at 11 Elks Lane in Latham. All 99 apartments in the three-story structure are spoken for, and it is exciting to see so many seniors and their families anxiously waiting for their next chapter in life to begin in an environment that is inclusive, welcoming and supportive. The building is senior friendly, bright and features plenty of spaces for individuals to come to together to eat, socialize and learn.

Adjacent to KTSC II will be the Donald Led Duke Senior Center Pavilion. This rehabbed 4,300 square foot sided pavilion is being transformed in to a two-to-three season space that will be able to host a plethora of senior-friendly

activities. With over 11,000 senior centers in the U.S., CSSC realizes the incredible importance making available to seniors a facility that offers them social engagement, activities and other valuable resources.

None of this growth would have been possible without CSSC's supportive Board of Directors, dedicated staff and corporate partners. Their hard work and efforts truly are affecting our community.

For all pet owners, Happy National Pet Week. I recently read, studies have shown that dog owners have a 20% lower mortality rate than non-owners. Yeah Hooper!

In closing, Happy Mother's Day! Wishing all a beautiful day of love and appreciation.

– Diane Conroy-LaCivita



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

Join Diane and Scott on Wednesday, May 8th 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 16th, 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.

June's Cooking Demonstration – Olive Oil 101 – Everything you need to know!

Sacred Space for May The Albany Community Center



The journey continues on Wednesday, May 1st at 1:00 p.m. as we visit another area sacred space. Join Diane as she travels to the Albany Community Center (ACC) (formally The Turkish Cultural Center), located at 460 Aiken Avenue in Rensselaer to learn more about their wonderful organization. The Albany Community Center is a non-political, non-governmental, not-for-profit, civic entity that was established by Turkish Americans that want to promote a strong Turkish American friendship with the hopes that it would promote peace throughout not just these two nations but the rest of the world. Prior to the pandemic, the Center organized many intercultural and interfaith programs and seminars bringing people from different walks of life together. Recently, the Center has once again begun to offer programs for the community.

For those wanting transportation, the CSSC shuttle bus will leave The Beltrone Living Center at 12:30 p.m. and return at approximately 2:30 p.m. The cost of this trip is \$10 dollars. To make a reservation, please call Madelyn at 518-459-2857 ext. 340



“Thank You for Your Service”

Of the two official United States holidays recognizing the commitment of members of America's military services, Memorial Day honors those who lost their lives while defending their country. To all veterans and their families, thank you for your service.



OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

Each May is observed across the nation as Older Americans Month, a time to celebrate the contributions seniors make to their communities. The 2024 theme is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Let us promote ways people can stay healthy as we age!



Let's Celebrate Mom!

Mother's Day is a special occasion to celebrate and honor the incredible women who nurtured, cared for, and supported us throughout our lives. Whether it is our own mothers, stepmothers, or other maternal figures, they deserve recognition for their unconditional love and dedication.

Mother's Day is a great time to express gratitude, reflect on cherished memories, and show appreciation through thoughtful gestures and heartfelt words. Let us make this Mother's Day an unforgettable celebration of the remarkable women, past and present, who have shaped our lives with their unwavering love and guidance.

Defensive Driving Classes

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

- **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.

May 5 — 11 is National Pet Week, a time to celebrate our furry friends and the contributions they make to our lives

Whether companion, comedian, confidant, or protector, our pets are always there for us. Studies have shown that the bond between people and their pets is linked to several health benefits, including: decreased blood pressure, cholesterol levels, triglyceride levels, feelings of loneliness, anxiety, and symptoms of PTSD. Below are a few of our residents and CSSC's Staff pets.



Welcome to CSSC's Newest Board Member, Christopher McCabe



Christopher McCabe is a Real Estate Salesperson in the Capital Region with over 17 years of experience in the industry. Throughout his career, Christopher has demonstrated a commitment to excellence and a passion for helping clients achieve their real estate goals. Christopher is a devoted family man, married to his wife Samantha for 28 years, and a proud father to Julianna, 24, and Olivia, 19. In his free time, Christopher enjoys unwinding on the golf course, soaking up the sun at the beach and swimming in his pool. Christopher's dedication to his community extends beyond the realm of real estate. He is a proud recipient of the Women's Council of Realtors Award, recognizing his outstanding contributions to the field. Additionally, Christopher previously served as the Vice President of the Latham Ridge PTA for five years, and currently holds a position of board member at the Watervliet Civic Center, where he actively supports educational initiatives and community engagement. Furthermore, Christopher is deeply involved in local governance and public service. As a retired Watervliet police officer and former Albany County Sheriff correctional officer, he brings a wealth of experience and expertise to protecting our senior community. With his extensive background in law enforcement and his commitment to serving others, Christopher McCabe embodies the values of integrity, professionalism, and community service. Whether guiding clients through the real estate process or advocating for his community, Christopher is dedicated to making a positive impact wherever he goes.



Thank you to the members of the RPI Crew Team and their Rent-a-Rower program for helping to replace several raised garden beds at The Beltrone Living Center just in time for planting season.

Join Us for the Capital Pride Parade and Festival

The Pride Center of the Capital Region has announced their 2024 Capital PRIDE Parade and Festival will take place on Sunday June 9th, 2024 in Albany's historic Washington Park. The Capital Pride Parade will kick off at 11:30 a.m. starting down State St. onto Lark Street and then Madison Avenue.

Capital PRIDE and the Capital Pride Parade and Festival benefit the critical programs and services of the Pride Center of the Capital Region. A Colonie Senior Service Center bus has been asked to be in the parade. We will be leaving from The Beltrone Living Center at 10:30 a.m. that morning. To reserve your seat on the bus, please call Madelyn at 518-459-2857 ext. 340.



Image source <https://www.518capitalpride.com/>

Watch Us Grow at 11 Elks Lane

Once King Thiel II Senior Community opens on or about August 1st, 2024, Colonie Senior Service Centers, Inc. will have 496 apartments in its apartment portfolio.



Neighbor Helping Neighbor

As an agency, CSSC continues to support local residents as a good neighbor in partnership with the Regional Food Bank. Our monthly food distribution day helps those in need. Join us on **Tuesday, May 14th 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.

Diàne,

Thank you so much for allowing the Food Bank to hold the press conference announcement at Beltrone and for being so accommodating. You, your team, and the amazing group of volunteers from Colonie Senior Service Centers do so much to alleviate hunger each and every day and we're proud to work with you!

Tom, Bethany, Sue, Denise,
Michael, Gabe
and the rest of the Food Bank team

Aging with Pride – Date Change Starting in May

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, May 17th from 10:00 a.m. to 12:00 noon at The Beltrone Living Center, 6 Winners Circle, Albany, and every 3rd 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.



My Life as a Colonie Senior Service Center Bus

Boy, am I a busy vehicle! A typical morning starts with my assigned driver doing a full inspection on me to make sure all of my components are working properly before going out on the road. My first pick-up is normally bringing a client to a medical appointment or procedure, sometimes as early as 7:30 a.m. After making sure the senior is dropped off to the correct doctor's office, I am off again to pickup members of our Social Adult Day Service Program, Bright Horizons. How the seniors look forward to going to Bright Horizons! My third pick up often consists of bringing seniors to the grocery store. Depending on the day of the week, I can be bringing seniors to Price Chopper, Hannaford, Walmart, Aldi and/or Trader Joe's. Allowing our seniors ample time to do their shopping, I begin to do some of my return trips which includes bringing Bright Horizon members back home to their love ones.

My job is busy but allows me to feel a tremendous sense of pride and accomplishment, knowing that I make a difference in so many lives getting our seniors where they need to go to stay active and connected to the community. Our current fleet of twelve vehicles provides over 25,000 rides annually.

At the end of my day, my dedicated driver gives me a well deserved treat by bring me to the gas station to fill up for the next day.

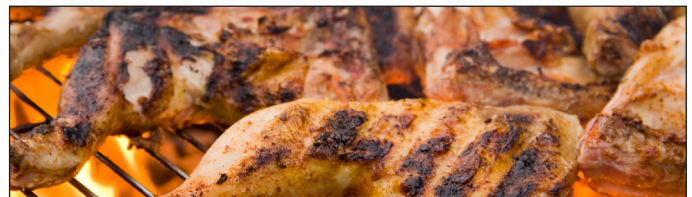


May's Community Drive Thru Dinner

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



June's Community Drive Thru Dinner

Thursday, June 13th, from 4:00 p.m. to 5:00 p.m.

Menu

- Watermelon Gazpacho
- Grilled Asparagus Salad with Arugala and Honey Apricot Dressing
- BBQ chicken dinner with corn bread, baked beans and potato salad
- Pecan Pie with Bourbon-Caramel Drizzle

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.

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.



Lunch & Learn Thursday May 2nd at noon:

With nearly 25 years of experience in law enforcement, James "Jay" Gerace has recently stepped into a new role, Town of Colonie Police Chief. All are invited to

May 2023 Menu Menu items are subject to change

5/1	½ Turkey Sand + Bacon, Shrimp + Corn Chowder	5/13	Veggie Pizza
5/2	Lunch & Learn – Chicken Cacciatore	5/14	Shrimp Scampi
5/3	Special Lunch – Grilled Cheese + Tomato Soup	5/15	½ Turkey Sand + Bacon, Shrimp + Corn Chowder
5/6	Oven Fried Fish Sandwich	5/16	Cornflake Chicken
5/7	Chicken Parmesan	5/17	Baked Ham
5/8	Meatball Sub	5/20	Lunch – Chicken Caesar Salad
5/9	Oregano Lemon Chicken	5/20	Special Dinner – Pulled Pork Sandwich
5/10	Apricot Beef Brisket	5/21	Meatloaf
		5/22	Salmon Cakes
		5/23	Stuffed Pepper
		5/24	Grilled Chicken with Pineapple Salsa
		5/27	Closed for Memorial Day
		5/28	Chicken Pesto Lasagna
		5/29	Eggplant Parm with Ziti

hear from and meet Chief Gerace on Thursday, May 2 at a special lunch and learn. Reservations are required.

Special Lunch Friday, May 3rd at noon:

Come enjoy music and a tasty grilled cheese & tomato soup meal with your community. Shades of Blue jazz band will be performing! Reservations are required.

Special Dinner Monday, May 20th at 5:00 p.m.:

Come hear a returning favorite, Joe Gorman perform vocals and tunes on his

guitar and enjoy a pulled pork sandwich, coleslaw, strawberry spinach salad and berry pie! Reservations are required.

Donations in Action – Through CSSC seniors are active!

- 1 Happy Diners
- 2 Another Satisfied Defensive Driving Student
- 3 Jazz anyone?
- 4 Watching the solar eclipse
- 5 Yeah for CSSC's Volunteers and staff



Hello from THE CENTER!

There is space available in these June trips, classes and events. Membership is \$20 per calendar year, and you can join at any time. Please contact Caroline for more information, 518-704-4253 or cbarrett@colonieseniors.org.

Prices listed are for members/not-yet-member.

June Trips

Walking Tour of Schenectady's Central Park and Lunch at Jumpin' Jacks
Thursday, June 6, \$19/\$29.

Yiddish Book Center Tour and Picnic Lunch
Tuesday, June 11, \$52/\$62.

Myers Residence Tour and Celebration
Thursday, June 13/\$35.

Bronk Museum and Picnic Lunch
Friday, June 21, \$49/\$59.

Town Line Museum Tour
Wednesday, June 26, \$15/\$25.

June Arts

Bug Away Workshop
Monday, June 3, 11:00 a.m. – 12:00 noon, \$29/\$39.

Lip Balm Workshop

Monday, June 3, 1:00 p.m. – 2:00 p.m., \$29/\$39.

Rubber Stamping Art – Summer Fun

Tuesday, June 4, 2:00 p.m. – 3:30 p.m., \$15/\$25.

Mosaic Pendants

Thursday, June 6, 10:00 a.m. – 12:00 noon, \$49/\$59.

Button Club

Sheehy Manor:
Friday, June 7, 1:00 p.m. – 3:00 p.m.

The Beltrone:
Thursday June 13, 1:00 p.m. – 3:00 p.m.

King Thiel:
Friday, June 14, 1:00 p.m. – 3:00 p.m.

Free for members. Registration required.

Kraft Paper Colored Pencil Drawing

Monday, June 10, 1:00 – 3:00 p.m., \$24/\$34.

Needle Felted Animals

Friday, June 21, 10:00 a.m. – 1:00 p.m., \$48/\$58.

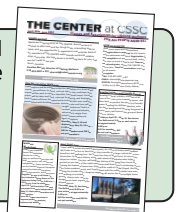
Learn to Collage

Monday, June 24, 1:00 p.m. – 3:00 p.m., \$19/\$29.

Painting a Flower with Soft Pastel

Friday, June 28, 1:00 – 3:00 p.m., \$24/\$34.

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



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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One-day Outing in June to Seneca Falls

On Tuesday, June 18th, join Diane and Sharon as they visit Seneca Falls, often referred to as the historic gateway to the Finger Lakes, for a day outing of history, farmers market and wine.

Seneca Falls is known for the Seneca Falls Convention, the first women's rights convention in the United States. Held in July 1848, the meeting launched the women's suffrage movement, which more than seven decades later ensured women the right to vote.

Locals say the bridge in Seneca Falls is the one that is featured in "It's a Wonderful Life". The movie was a flop in theaters when it was released

in 1947 but is now considered a quintessential holiday classic. Seneca Falls takes many cues from the movie including the "It's a Wonderful Life" Museum.

The group will have the opportunity to visit the National Women's Hall of Fame, the Women's Rights National Historical Park, and the Seneca Museum of Waterways and Industry, as well as explore Seneca Falls historic downtown and shop at the Seneca Farmers Market. Our final stop of the day will be the Montezuma Winery for a wine tasting.

This outing will require quite a bit of walking. The chartered bus will leave the North Lot of The Beltrone at 7:30 a.m. and will return at approximately 7:00 p.m. There will be snacks on the bus, and food will be available for purchase in Seneca Falls.

The cost is \$110 for members of THE CENTER at CSSC and \$120 for not-yet-members.

For questions or to make a reservation, please call Madelyn at 518-459-2857 ext. 340.

(Left) Susan B. Anthony, Elizabeth Cady Stanton, and Amelia Bloomer statue in Seneca Falls, NY

