



Celebrating a CSSC Silver Anniversary with Sheehy Manor



This month, Sheehy Manor will be celebrating the 25th silver anniversary of its opening. For the past twenty-five years, Sheehy Manor has provided safe, affordable, quality housing to independent seniors from around the Capital District. Back in the late 1990s and partnering with New York State Division of Homes and Community Renewal (DHCR), then Colonie Senior Service Centers, Inc.

Executive Director, Kathleen Caulfield, along with her Board of Directors, recognized the tremendous need for supportive housing for seniors and chose a beautiful setting on Carondelet Drive in Watervliet for the 50-unit one-bedroom, one-bath community.

Sheehy Manor actually opened on March 1, 1998 welcoming seniors who were at least sixty-two years of age with limited income. Colonie Senior Service Centers, Inc. decided to name the structure in honor of the incredible Ann Marie Sheehy, the Community Development Program Coordinator for the Town of Colonie, in honor of her lifelong commitment and advocacy for supporting seniors and those in the community needing additional support and services. Ann Marie was very involved and supportive of Colonie Senior Service Centers, Inc. for many, many years serving at CSSC's Board President for a time and subsequently living at The Beltrone Living Center until moving to another facility locally within the last decade.

Upon Sheehy Manor's opening in 1998, Aimee Richardson was hired as the Building Manager. Aimee recently commented, "How quickly 25 years have gone by." Worth noting, Aimee is CSSC's longest tenured employee! She is now overseeing both Sheehy Manor and King Thiel Senior Community.

Sheehy Manor is a unique senior community that offers, through CSSC, transportation services Monday through Friday for both social and vital outings such as shopping and doctor appointments, in addition to a popular senior congregate community dining program, monthly food giveaways, complimentary memberships to THE CENTER at CSSC and countless recreation opportunities on and off the property.

It's interesting to know, that currently four sets of siblings and two cousins reside at Sheehy Manor. Some residents have lived in the community for over 20 years. This is a testament to the sense of community, comfort and family-like atmosphere Sheehy Manor offers. Current resident Betty Pierce, who has lived at Sheehy Manor for 20 years stated, "It has been wonderful to live among friends that you can have lunch with, play cards with, and enjoy holiday gatherings with."

This month, a formal commemoration of this milestone is currently being planned for Sheehy Manor residents and CSSC leadership. Everyone is excited to celebrate this exceptional milestone.

Aimee Richardson, Site Manager,
King Thiel Senior Community
and Sheehy Manor

Message from the Executive Director

Happy September!



Diane with longtime friend Traci Stewart at the Hudson Shores Hooley

September 4 – Labor Day
September 11 – Patriot Day and International Day of Peace

All things beautiful and fleeting... Learning to embrace the simple moments that bring us joy.

Being present and happy does not necessarily mean elaborate experiences or

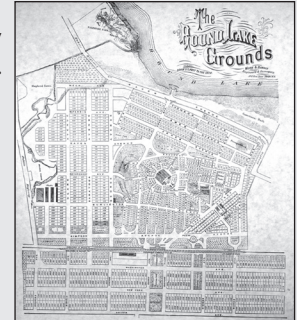
all-day adventures. It doesn't have to look like exotic vacations, fancy dinners, shopping sprees or big social gatherings. All those things are wonderful to experience but not necessary to truly be happy.

While we all are hoping to be appreciated and appreciative, often these feelings can be generated internally and not thrust upon us. Remember that only you can control how you experience happiness right now. There are fleeting chances to slow down and connect with our everyday lives that can easily be missed if we are not paying attention. Most importantly, we all need to be more appreciative.

My husband and I recently participated in a walking tour of the Round Lake Village in Saratoga County. It was an incredible experience having the opportunity to visit many individual homes and gardens in this historic prior Methodist campground. In so many ways it reminded us of Oaks Bluff in Martha's Vineyard. One home that really moved us was named "Camelot". The woman who owned this beautifully restored structure was

both an artist and an intellect and her talent showed throughout her homestead. Filled with sculptures, paintings, and stained-glass masterpieces, many of which she created over her lifetime, her home left us in awe. You could see sharing her home and all her creations brought her great joy. For instance, she had a series of mounted sculptures entitled "the seven evils" and this got us thinking about the counter balances to these evils. For every evil there is a corresponding virtue.

- Pride to Humility*
- Greed to Generosity*
- Wrath to Patience*
- Envy to Kindness*
- Lust to Chastity*
- Gluttony to Abstinence*
- Sloth to Diligence*



Diane and family celebrating daughter Catherine's thirty "again" birthday in downtown Troy.

My mom would say, "The only thing you can truly control is yourself." Often, our society tends to be reactionary and accusatory. Would it not be nice that before casting judgement we remember the virtues before the evils? It is easy to judge and harder to understand. Life is short. Time is fast. Make the best of it.

Here's to being humble, generous, patient, kind, pure, moderate, and diligent. Hug your family and friends, and let them know you appreciate them.

Please remember CSSC is here to support you to staying healthy, active, and independent. We hope to see you at Chefs in Motion on Monday, September 18 from 5:00 to 8:00 pm at The Beltrone.

– Diane Conroy-LaCivita

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

September's Outing – Greek Anyone?

Join Diane and Scott on their next scheduled international excursion to Athos Restaurant located at 1814 Western Avenue in Guilderland on Thursday, September 28 at 4:00 p.m. (CSSC buses will leave BLC and KTSC at 3:30 p.m.) Athos was originally opened in 2008 by George Danes, Sophia Socaris, Harry Hatziparaskevas, and Stratton Sokaris, by offering an unparalleled combination of service & Greek Mediterranean cuisine with their very own place of refuge.



In 2022, Fred and Ali Altay purchased Athos and are eager to continue its great reputation. The brothers have over twenty years in the hospitality industry and welcome all to visit. The cost of the meal is **\$42**, which will include the following: **Starter:** Pikilia (three spreads: tirokafteri, tzatziki & red pepper dip) served with pita bread. **Main course selections:** Lamb Souvlaki (gf), Chicken Souvlaki (gf), Vegetarian Yemista (gf) (v), or Vegetarian Plate (veg). **Dessert:** Traditional Loukoumathes (family style). Drip coffee, tea, water, and fountain soda included. CSSC Transportation Services are available for those who are unable to drive themselves.

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



Station Highlight – Community Caregivers



Founded in 1994 and serving the residents of Rensselaer County as well as the towns of Guilderland, Bethlehem, New Scotland, Berne and Knox in Albany County, Community Caregivers, Inc's mission is to enable individuals of all ages to maintain their independence, dignity, and quality of life within their homes and communities. Through their Community Volunteers, they provide non-medical support services to those in need including friendly calls and visits, light housekeeping, transportation to medical appointments and grocery stores, and/or help with paperwork. With just a little extra help from their volunteers, clients remain independent and in their own homes.

Please contact Christine Tremblay, CSSC's Director of AmeriCorps/RSVP and Volunteers at 518-459-2857 ext. 308 or ctremblay@colonieseniors.org, if you are interested in volunteering for this wonderful organization.



**AmeriCorps
Seniors**

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



Cabbage Anyone?

Fertile soils and favorable climate contribute to the impressive production of cabbage in New York State. With more than 12,000 acres grown annually, New York ranks in the top three states nationally for both fresh market and kraut cabbage.

Considered a superfood, one cup of chopped, raw green cabbage is only 22 calories and delivers: 54% of the recommended daily value for vitamin C 85% of the recommended daily value for vitamin K. More than 2 grams of fiber.

Join CSSC staff on Thursday, September 14 from 11:00 am to 12:00 noon, as we prepare a variety of cabbage inspired dishes including coleslaw, sauerkraut and Gołąbki, (Stuffed Cabbage Rolls) for tasting.

There is a \$5 fee and will include a light lunch. Space is limited and prepayment for the class is required. To make a reservation, please call Madelyn at 518-459-2857 ext. 340.



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

**AGING WITH PRIDE
BOAT CRUISE**

**SEPT 23, 2023 / TICKETS \$25 / FREE FOR 55+
BOARD @ 5PM / SAIL @ 5:30PM / RETURN @ 8:30PM**

All Aboard for the 2023 Aging with Pride Cruise

Colonie Senior Service Centers, Inc. is once again partnering with Pride Center of the Capital Region to set sail for the 2023 Aging with Pride Cruise on Saturday, September 23, 2023 on the Captain JP in Troy. We will be boarding the vessel at 5:00 pm, setting sail at 5:30 pm and returning at 8:30 pm. CSSC will be providing transportation from The Beltrone Living Center over to Troy and back that evening (buses will leave The Beltrone at 4:20 pm). While cruising, there will be passed food, a cash bar, drag queens on the open seas, and a DJ for plenty of dancing and memories to be made. Important note: LGBTQ+ folks of all ages, as well as supportive allies, are welcome to join in the fun!

SPACE IS VERY LIMITED. There is no cost for individuals 55+. To make a reservation, please call Diane at 518-459-2857 ext. 305.

The mission of the Pride Center of the Capital Region is to promote the well-being of all lesbian, gay, bisexual, transgender and queer-identified people and those affected by discrimination based on gender identity and expression.



Watch us grow!

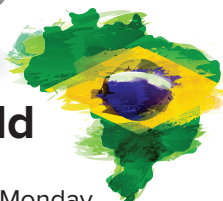
Located at 11 Elks Lane in Latham, King Thiel II Senior Community is really taking shape. The photos depict the third-floor walls beginning to rise. The expectation is that the three-story, 99-unit independent, affordable senior facility will be open on or about June 1, 2024, creating an incredible senior campus complete with a three-season senior center named the Donald Led Duke Pavilion.

Once the new campus is fully open, CSSC is looking forward to more activities and programs that will keep area seniors as busy as they want to be. Learn more about the apartments at www.colonieseniors.org or by calling Diane at 518-459-2857 ext. 305.

HANDY PERSON NEEDED! REWARDING AND GET PAID!

Umbrella of Colonie, a program of Colonie Senior Service Centers, Inc. connects senior homeowners with retired handy men and women who help perform simple home repairs at a reasonable cost.

Call Umbrella of Colonie at 518Sharon
or email sherald@colonieseniors.org



Music Around the World Celebrate Brazil

Mark Your Calendar for Brazilian Night on Monday, September 25th, 2023. The event will take place in the Lakeview Room at The Beltrone Living Center. Doors open at 5:00 pm with music starting at 6:00 pm. Entertainment will be provided by Bronte Roman, a Brooklyn native and New York based Pop Vocalist. Her musical feel for a variety of genres is her distinctively unique gift. Brazilian inspired food will be available for purchase along with a cash bar. Admission is FREE and everyone is welcome.

This project is made 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.



Game On!

Saturday, September 9th – Join Us for Ageless Entertainment Game Day in the Lakeview Room at The Beltrone Living Center.

Join Sue Napierski from CSSC on Saturday, September 9 from 10:00 am to 2:00 pm for Ageless Innovation's Reach Out and Play initiative. Sponsored by AARP, with support from the Legal Project and hosted by CSSC, Ageless Entertainment Game Day, is designed to create meaningful social connections for older adults by bringing people of all ages together through the Power of Play.

Ageless Innovation is a global company devoted to reimagining how we positively live and age together through the power of play, through its Joy for All product line, which includes an award-winning line of animatronic companion pets and card-based games. Ageless Innovation's Joy for All products have been shown to combat loneliness, social isolation and forms of cognitive decline as well as improve overall wellbeing. The Game of Life Generations, Scrabble Bingo and Trivial Pursuit Generations feature age-inclusive components, such as easy-to-grasp game pieces, increased font size, and trivia and references that cater to players of all ages.

The event is FREE of charge and open to all. A complimentary lite lunch will be served. To make a reservation, please call Diane at 518-459-2857 ext. 305.

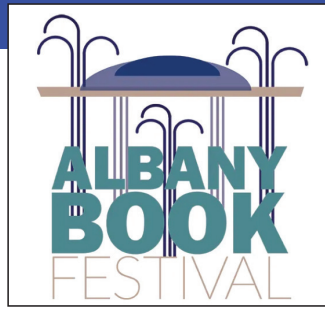


Neighbor Helping Neighbor

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, September 12th 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.



Join CSSC at the NYS Writers Institute's Annual Albany Book Festival



Join CSSC staff as we attend and volunteer at this wonderful annual event occurring on Saturday, September 23, 2023 at UAlbany's Uptown Campus. CCSC will be providing transportation from The Beltrone Living Center, leaving at approximately 10:00 a.m. and returning at approximately 2:30 pm. Meet local, bestselling and award-winning authors as well as volunteer for this great event. There will be book signings and workshops. Lots to do, lots to learn and discover. Call Christine for details at 518-459-2857 ext. 308.

Defensive Driving Classes

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

- Tuesday, September 19, 2023, from 9:00 a.m. to 3:30 p.m.
- Thursday, September 28, 2023, from 9:00 a.m. to 3:30 p.m.
- Tuesday, October 24, 2023, from 9:00 a.m. to 3:30 p.m.
- Monday, October 30, 2023, from 9:00 a.m. to 3:30 p.m.
- 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.**

Fifth Annual Chefs in Motion: Culinary Tasting and Competition

You are cordially invited to join us on Monday, September 18, 2023, from 5:00 to 8:00 pm at The Beltrone Living Center, 6 Winners Circle, Albany for the Fifth Annual Chefs in Motion: Culinary Tasting and Competition. Led by Colonie Senior Service Centers, Chefs in Motion is a collaboration between New York State Department of Agriculture and Markets, Cornell Cooperative Extension, and area growers and producers to highlight the fantastic items grown and produced in New York State.

To support this initiative, participating chefs will be provided a "shopping cart" of locally sourced products and seasonal produce prior to the event and will be asked to create a signature dish, either a soup, salad, or entrée whose ingredients are at least 75% locally sourced. At a designated time during the event, participating chefs will present their signature dish to a selected panel of judges. This year, our distinguished panel of judges will include Chef Joan Dembinski, Chef Yono Purnomo, Chef Harold Qualters, Farmer Cindy Barber and NYS Department of Agriculture and Markets Commissioner Richard Ball (invited). In addition, the anticipated one hundred and fifty guests at the event will have the opportunity to sample all the dishes and vote for their personal favorite. At the conclusion of the event, trophies will be awarded in two categories: People's Choice and Judges' Choice. The winner in each category will win \$500 and bragging rights.

Several NYS wineries and microbreweries will be present providing a vast sampling of different locally produced beverages. There will be local chocolate milk tasting provided by Van Wie Farms and the Saratoga County Dairy Princess and her Court will be scooping out samples of fabulous NYS ice cream. The evening will also feature live music and a silent auction. Let us celebrate local produces and growers as well as local culinary talent and area restaurants while supporting CSSC's invaluable Transportation Services. Chefs in Motion is a win-win-win initiative.



Tickets:

- \$50 General Admission
- \$30 Seniors
- \$30 Professionals under 35

To make a reservation, call Sharon at 518-459-2857 ext. 302

Chefs in Motion Sponsors



September's Community Drive Thru Dinner

Thursday, September 14, 4:00 p.m. to 5:00 p.m.

Menu

- Butternut Squash-Apple Bisque
- Tomato-Mozzarella Salad, Balsamic Glaze
- Braised Short Ribs of Beef
- Green Beans Oreganata
- Roasted Garlic Mashed Potatoes
- Roll and Butter
- Carrot Bundt Cake

These wonderful drive thru meals are available to anyone in the community. Reservations are required and the **cost is \$16 per meal**. To make a reservation or for additional information, please call 518-459-2857 ext. 340.



October's Community Drive Thru Dinner

Thursday, October 12, 4:00 p.m. to 5:00 p.m.

Menu

- Appetizer:** Harvest Vegetable Soup
- Salad:** Apple-Cranberry Salad with Almonds
- Entrée:** Mac N Cheese Trio – Autumn Vegetable/Seafood/Pulled Pork
- Dessert:** Pumpkin Latte Pudding

These wonderful drive thru meals are available to anyone in the community. Reservations are required and the **cost is \$16 per meal**. To make a reservation or for additional information, please call 518-459-2857 ext. 340.

The Beltrone Golf Classic's LIVE AUCTION is Open to Everyone and Can be Viewed Online

CSSC is absolutely thrilled with the caliber of incredible items donated by area businesses and individuals as part of our upcoming 30th Annual Salvatore R. and Anna E. Beltrone Golf Classic taking place on Monday, September 11 at Schuyler Meadows Country Club. The golf committee thought some of these items were so wonderful that they should be shared with everyone ahead of time, even those who are not actually golfing. From the comfort of your computer, you can view these items right now and bid up until the evening of Monday, September 11 at 8:00 p.m. when the LIVE online auction will be closed. Some of these auction items include the following:

- Two (2) tickets to the 10/22/2023 NY Giants vs. DC Commander's Football Game at Metlife Stadium
- Four (4) Syracuse Men's Basketball Game Tickets, Parking Pass and Four (4) Club 44 Passes
- Golf for four (4) with carts at Schuyler Meadows Country Club
- Golf for four (4) with carts at The Edison Club
- Two (2) Night Stay at The Preserve Battenkill River Glamping Resort
- Four (4) Tickets to comedian Bert Kreischer, "The Machine", 12/10/2023 Show at the MVP Arena
- Inflatable Paddleboard with bag and pump
- 24 inch PowerSmart Snowblower
- 43' Sony TV – Towne TV

Bid often. Start your holiday shopping early. Proceeds from The Beltrone Golf Classic go to support CSSC's Transportation Services.

To view these items online, please go to https://www.32auctions.com/BeltroneGolfClassic_2023

Thank you in advance to the 2023 Beltrone Golf Classic Co-Emcees, Will Brown and Chris Onorato!



Will Brown, Head Coach, Saint Rose Women's Basketball Program



Chris Onorato, Co-anchor NewsChannel 13, Early Today



Mark Your Calendar

Friday, October 20, 2023

CSSC's "Bootin', Scootin' Fallallalooza"

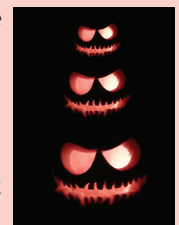


Be Part of the Fun and Win Fabulous Prize, as well as Bragging Rights as part of CSSC's inaugural Bootin' Scootin', Fallallalooza on Friday, October 20, 2023, there are two contests you can sign up for and participate in ahead of time.

Tombstone Epitaph – Using construction foam, supplied by CSSC, and your own art supplies, create a unique piece of art that will be displayed literally on the ground at the event. This year's distinguished judges include NYS Writers Institute Director Paul Grondahl and Local Artist Robert Gullie. They will be awarding prizes in the following categories: Best of Humor, Most Profound/Touching/Moving, Most Creative/Artistic and Overall Entry. The more creative and humorous, the better.



Jack-O-Lantern Totem Pole – Taking three pumpkins supplied by CSSC, create a carved, themed, stackable creation that will be displayed on a totem pole with fairy lights. A panel of local artists will judge the entries on creativity and overall theme. This is a great family or work-team project to get you in the Halloween spirit.



There is no fee to participate. The number of entries will be limited. To sign up or for additional questions, please contact Diane at 518-459-2857 ext. 305.

Monday, October 23, 2023

Italian Night with The Good Times Band at The Beltrone Living Center Lakeview room. FREE and open to the public.



Wednesday, November 29, 2023

Mendelssohn Club Concert at The Beltrone Living Center Lakeview room. FREE and open to the public.



Senior Dining Program

September Senior Dining

Join us for a hot meal at The Beltrone Living Center Monday–Friday at Noon. This program is funded in part by the Albany County Dept. for Aging, NYS Office for the Aging, Administration for Community Living, Town of Colonie and participant contributions. Suggested participant contribution is \$3.00. 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, September 8th at Noon: Brian Zapel will be here, playing rock 'n roll and plenty of favorites. Lunch served will be a Butternut Squash Soup and half Turkey Sandwich, Fruit Cup and Apple Pie. Reservations are due Thursday the 7th by 12:00pm. Suggested donation of \$3 for food and \$3 for entertainment.

Special Dinner Monday, September 11th at 5:00 PM: Join us for a fun night with “Standard Time Duo” who will be playing some patriotic songs, along with pop standard tunes from all different eras! Dinner served will be Chicken Parmesan, Ziti with Marinara, Green Beans, Fruit Cup and a Chocolate Cake. Reservations are due Friday the 8th by 12:00pm. Suggested donation of \$3 for food and \$3 for entertainment.

September 2023 Menu Menu items are subject to change

9/1	Chicken Cacciatore	9/18	Beef Tips w/Gravy over Egg Noodles
9/4	CLOSED	9/19	Goulash
9/5	Garlic Ricotta Broccoli Pizza	9/20	Chowder Soup + ½ Turkey Sand
9/6	Chicken Piccata	9/21	Butternut Squash Mac & Cheese
9/7	Salmon Cakes	9/22	Oregano Lemon Chicken
9/8	Squash Soup + ½ Turkey Sandwich	9/25	Chicken Parmesan
9/11	Lunch: Cider Braised Pork	9/26	Meatloaf w/Gravy
9/11	Special Dinner: Chicken Parmesan	9/27	Stuffed Shells
9/12	Sausage Stuffed Squash	9/28	Fall Veggie & Cheese Quiche
9/13	Beef & Broccoli	9/29	Chicken Broccoli Alfredo
9/14	Chicken Barley Stew		
9/15	Baked Cod w/Tomato & Onions		

Lunch & Learn, Thursday, September 21st at Noon: Come enjoy a nutritious lunch with the community and hear from Mary Phillips, Regional Outreach Coordinator from Nascentia Health. Mary will be discussing quality long-term care to keep you in the home you love. Lunch served will be Butternut Squash Macaroni & Cheese, Broccoli, Fruit Cup and a Cookie. Reservations are due Wednesday the 20th by 12:00pm. Suggested donation of \$3.



Donations in Action

Never underestimate how active seniors can be!

- 1 HAPPY diners!
- 2 HAPPY volunteers!
- 3 HAPPY employees!
- 4 HAPPY concert goers!
- 5 HAPPY day trippers!



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



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

Hunger Bag Program

Colonie Senior Service Centers, Inc. has been selected by the Store Leadership Team at Hannaford.

This means that our organization will receive \$1 from every \$2.50 reusable Fight Hunger Bag sold during the month of September 2023 at:

Hannaford
96 Wolf Road, Windsor Plaza,
Colonie NY

**Thank You
Hannaford!**

**During the
entire month
of September**

Buy this bag and we get \$1

Every \$2.50 Fight Hunger Bag sold at our Hannaford this month donates \$1 to our organization.

BENEFITING ORGANIZATION
Colonie Senior Service Centers, Inc.

FOR THE MONTH OF
September 2023

AT THIS HANNAFORD LOCATION
96 Wolf Road, Windsor Plaza, Colonie

Hannaford
Fight Hunger Bag Program
HANNAFORD.2GIVELocal.COM