



## Don't Miss CSSC's 6<sup>th</sup> Annual Chefs In Motion Monday, September 16, 2024 at The Beltrone Living Center

You are cordially invited to join us on Monday, September 16, 2024 from 5:30 p.m. to 8:00 p.m. at The Beltrone Living Center, 6 Winners Circle, Albany for the Sixth Annual Chefs in Motion: Culinary Tasting and Competition. Led by Colonie Senior Service Centers, 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.

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. The official judges will be scoring in four categories: Creativity, Taste, Appearance and Use of Locally Sourced Ingredients. Additionally, attendees to the event will choose the People's Choice Award. The winner in each category will win \$500 plus bragging rights.

Varietals from several New York State wineries as well as beer from microbrews will be available for sampling. There



2023 Chefs in Motion winners Chef Jose Kishimoto Arteché III, owner of Shogun Sushi of Delmar and Chef Kizzy Williams, owner of Allie B's Cozy Kitchen.

will be local chocolate milk tasting compliments of Meadowbrook Dairy Farm and ice cream for dessert being served by Hannah King, Saratoga County Dairy Ambassador, and her court. The evening will feature live music and a silent auction.

Let us celebrate local produce, products and local culinary talent /restaurants while supporting CSSC's Transportation Services. Chefs in Motion is a win-win-win initiative.

General Admission is \$50 and \$30 for Seniors. Call Madelyn to purchase tickets and for additional information at 518-459-2857 ext. 340.

### 2024 Chefs in Motion Judges



1. **Chef Joan Dembinski**, Pastry Chef at Yono's & Honest Weight Co-Op
2. **Richard A. Ball**, Commissioner NYS Department of Agriculture and Markets (Invited)
3. **Geoff Palmer**, Director of Intergovernmental Affairs, NYS Department of Agriculture and Markets (Invited)
4. **Chef Widjiono "Yono" Purnomo**, Executive Chef Yono's Restaurant (Retired)
5. **Chef Harold Qualters**, Former owner of Qualters Restaurant

### Chefs in Motion Sponsors



# Message from the Executive Director



## Happy September

- September 2 Labor Day
- September 5 International Day of Charity
- September 11 Patriot Day
- September 21 World Gratitude Day
- September 22 First Day of Fall
- September 25 National Women’s Health and Fitness Day
- September 30 National Love People Day

### “No Journey is Taken Alone”

As we all know, companionship, support, and interconnections in life are so important. Whether it is the backing of friends, family, mentors, or the broader community, we are rarely truly alone in our experiences. Even our personal journeys are often influenced by others who guide, elevate and encourage us along the way. Frequently, the journey is based on trust; trust in ourselves; trust in others.

Being able to truly trust someone is one of the most profound aspects of any relationship. It requires vulnerability, openness, and a belief in someone’s intentions and actions. Regularly, trust is built over time through consistent, honest behavior and shared respect. Trust is also very fragile, once broken it can be very difficult, maybe impossible, to rebuild.

Believing in oneself and others is the cornerstone of self-confidence and personal growth. It means having faith in your abilities, decisions, and worth, even when faced with challenges or doubt. Having self-believe and belief in others allows a person to navigate life with resilience and optimism.

As Colonie Senior Service Centers enters its’ 44<sup>th</sup> year of operation in October, we hope that seniors and their families throughout the Capital Region know that we are here to support them as a trusted partner. We do this in all sorts of ways from housing opportunities to transportation, and community meal sites to health and wellness activities. Don’t hesitate to contact us if you have questions or need additional information on any of our programs or services.

Additionally, please consider joining us at one of our upcoming fall events or activities such as our 6<sup>th</sup> Annual Chefs in Motion Culinary Competition taking place on Monday, September 16 at The Beltrone Living Center or Bootin’, Scootin’, Fallapalooza on Thursday, October 10<sup>th</sup> in The Donald Led Duke Senior Center Pavilion on the King Thiel Campus in Latham.

Happy fall!  
 – Diane Conroy-LaCivita



## CSSC’s International Diners Club – For the Love of Food September’s Outing – Irish Anyone?

When Liam Slattery opened his pub in Delmar in 2015, his goal was to provide an authentic Irish experience like he had growing up on the Emerald Isle. Delicious food, great-tasting beer, and traditional Irish music were all part of his vision. Walk into O’Slattery’s and you will feel as if you have been transported 3,000 miles to a pub in Kilkenny, Ireland. The décor, the music and all the wonderful smells are reminiscent of a cozy small-town Irish pub.

The restaurant serves up Guinness beef stew, bangers and mash and the Kilkenny Bookmaker. Get ready for September’s dining opportunity as we visit O’Slattery’s, 318 Delaware Ave in Delmar, on Tuesday, September 24<sup>th</sup> at 4:00 p.m. (CSSC buses will leave BLC and KTSC at 3:30 p.m.) The cost of the meal is \$35 and will include an entrée, beverage and dessert. Space is limited and registration is required. CSSC Transportation Services are available for those who are unable to drive themselves for a fee of \$10. Please call Madelyn at 518-459-2857 ext. 340 for additional information and to reserve your spot







Chef Joan Dembinski



Chef Paul Strasser



## September's Healthy and Local Cooking Class – “Fall Squash”

Join us on Tuesday, September 24<sup>th</sup>, from 11:00 a.m. to 12:00 p.m., when well-known Chef Paul Strasser and his wife Patty, along with Chef Joan Debinski, will join up to demonstrate how to prepare fall squash using Paul's fabulous spices that can be put together easily and in no time at all. Class will take place at King Thiel Senior Community, 17 Elks Lane, Latham, with 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.

## A Space for Mingling, Sharing, and Making Friends

### Bright Horizons Opens Second Location in Latham

CSSC is pleased to announce the opening of our newest Bright Horizons Social Adult Day at 11 Elks Lane in Latham in our King Thiel II Senior Community and we are accepting new members. There are opportunities to trial to see if our program is a good fit for your loved one.

If you have a loved one who you feel may benefit from our social adult day program please reach out to Sue Napierski, Bright Horizons Director at 518-459-7967. Our Latham location is being run by Site Manager Sarah Perkins who has years of experience working for Bright Horizons.



## Thank You So Very Much!



Thank you to Patrick Goslow of Troop 1701 Latham for choosing Colonie Senior Service Centers to perform his Eagle Scout project. He constructed six raised garden beds and two beautiful benches. With assistance of many fellow Boy Scouts and family members, they setup the beds at the new KTSC II campus. Patrick's efforts will bring joy to so many seniors.

## Artistic Pumpkin Carving

Come learn how to make a carved pumpkin that is beautiful or scary or interesting or whatever your heart desires! In this carving/sculpture/design workshop, you'll work with Tim Sauter to make a masterpiece for entry into the Great Pumpkin Carving Contest at Bootin' Scootin' Fall Fest on October 10<sup>th</sup>. CSSC will transport your pumpkin to the The Donald Led Duke Pavilion on the King Thiel Campus for the festival and back again, and you can collect it on October 12<sup>th</sup> for decorating your own home. Fabulous prizes are being offered in a variety of categories for the best pumpkin carving!

All materials, including pumpkins and accoutrements, are included.

Wednesday, October 9<sup>th</sup>, 1:00 p.m. – 3:00 p.m.  
\$15 for members and \$25 for not-yet-members.

To make a reservation, please call 518-459-2857 ext. 327.



## Calling All Colonie Central High School Alumni

### “Once a Raider – Always a Raider”

The CCHS Reunion Committee is organizing a reunion weekend for all CCHS alumni for the weekend of September 20 – 22 to mark the 75<sup>th</sup> anniversary of the South Colonie School District. There are many activities planned and everyone is invited. For additional details, please contact Carol at 518-355-3063 or cridutcher@yahoo.com.





## Mark Your Calendar for “Bootin’, Scootin’, Fallallapalooza”

Co-chaired by Carrie Hillenbrandt and Aimee Robichaud of BBL, CSSC is happy to announce the 2nd Annual “Bootin’, Scootin’, Fallallapalooza”, a celebratory fall festival, is taking place on Thursday, October 10, 2024 from 3:00 p.m. to 6:00 p.m. in The Donald Led Duke Pavilion on the King Thiel Campus in Latham. The event will feature live music from local bands Hammerhead Horns and the New Whiskey River Band along with line dancing, a complimentary cider and hot chocolate bar, food concessions, a cash bar, as well as a raffle, activities, and contests for all ages. In fact, don’t forget to wear your cowboy boots for the Best Boot contest!

There are two additional contests you can sign up for and participate ahead of time; Tombstone Epitaph and Jack-O-Lantern. There is no fee to participate in either contest and fabulous prizes will be awarded to the winners.

Tickets to the event are \$25 for an adult, \$15 for a senior, and children 12 and under are free. For additional information or to purchase a ticket, please contact Madelyn at 518-459-2857 ext. 340.

Proceeds from this event will benefit CSSC’s Transportation Services.

Sponsored by



## Game On!

Join CSSC on Saturday, September 28<sup>th</sup> from 10:00 a.m. to 2:00 p.m. in the KTSC II Community Room, 11 Elks Lane, Latham 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 games 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 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 2024 Subaru "Share the Love" event!  
**You are the best!**  
Share the Love will run from November 2024 to January 2025

## Aging with Pride

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, September 20<sup>th</sup> from 10:00 a.m. to 12:00 noon at The Beltrone Living Center, 6 Winners Circle, Albany, and every 3<sup>rd</sup> 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.



## Station Highlight – Unique Volunteer Opportunity

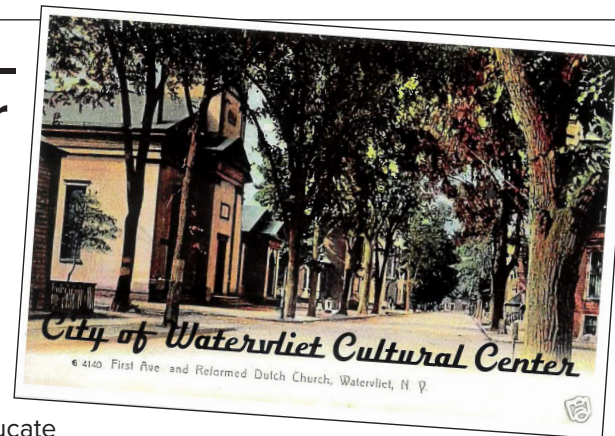
### Watervliet Historical Society

Located in downtown Watervliet, the Historical Society preserves local history. At the museum, visitors can view installations from what life was like in the Capital Region during the 1800s and 1900s in Watervliet. Volunteers help to educate museum visitors and assist to preserve local history.

If interested in learning more about this wonderful volunteer opportunity, please contact Christine Tremblay, Director of Volunteer services with any questions 518-459-2857 ext. 308.

### Volunteer Opportunities:

Clerical and Computer Assistance, Museum Staff, Archives, and Research.



**AmeriCorps Seniors**



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



# Mark Your Calendar for The Donald Led Duke Pavilion Fall Concert Series

- Wednesday, September 11<sup>th</sup>** – Evergreen Trio - light classical music
- Wednesday, September 18<sup>th</sup>** – Bronte Roman Band - Entertainment Latin American music
- Wednesday, September 25<sup>th</sup>** – Sha'ron and Friends - Female Vocalist and jazz standards

The Donald Led Duke Pavilion is located on the King Thiel Campus, 11 Elks Lane in Latham. Doors will open at 4:00 p.m. with music beginning at 5:00 p.m.. Admission is free. Refreshments will be available for sale. Reservations are not required. Concerts will be held rain or shine. For questions or additional information, please call Madelyn at 518-459-2857 ext. 340.

This concert series is made possible with underwriting from:



Albany Musicians' Association (AFM Local 14)



# The Beltrone Living Center 25<sup>th</sup> Anniversary Celebration

This October, Colonie Senior Service Centers, Inc. is proud to announce the 25<sup>th</sup> anniversary of The Beltrone Living Center! For a quarter of a century, the 250-unit apartment building has provided not only housing for over a thousand seniors, but it has also served as a senior center, congregate dining location and hosted countless public events. But without a doubt, it is the sense of community, the friendships found, and relationships built that make The Beltrone so exceptional. Throughout the years, we have met and also sadly said goodbye to many friends here, but those friendships and bonds will always be remembered by both residents and staff alike. Special thank you to past and current residents that have contributed their kindness, warmth and talents to our building's history and to the future residents who will continue this on for the next 25 years and beyond. Please join us on Wednesday, October 16<sup>th</sup>, for a celebration of The Beltrone's silver jubilee from 4:30 p.m. – 6:00 p.m. in The Beltrone Living Center Lakeview Dining Room. This is a free event and open to the public.

## Construction begins on Beltrone 245-unit senior housing complex

Colonie Senior Services is spending \$31.5M on project

By Bill Fonda

Colonie Senior Service Centers closed on \$31.5 million in financing for the Beltrone Living Center senior apartment project July 8, paving the way for construction to begin July 14.

The first 108 apartments and senior center are expected to be completed by September of 1999 and the remaining 137 apartments will be available in March 2000.

"This is a very proud day for Colonie Senior Service Centers. It's a very important project for the town. We already have people signed up and it's going to be a

very nice project," Colonie Senior Service Centers president Georgia Calamaras said.

The center will be located on a ten-acre site in Colonie near Wolf Road Shoppers Park on Six Winers Circle. In addition to the apartments, the center will include a country store, restaurant, hair salon and a 25,000-square-foot senior center.

Rents for a one-bedroom, 650-square-foot apartment will start at \$715 and include heat, air conditioning and hot water. The 975-square-foot two-bedroom units will include both one- and two-bath-

Spillane Griffing Architects, PC of Rensselaer.

The bonds for the center will be issued through the Watervliet Housing Authority and underwritten by The GMS Group of Philadelphia. KeyBank's Commercial Real Estate Division in Albany is providing the construction financing.

It took four years to put together the financing.

"It's a big project to finance and there's a lot of different types of financing, so we just took our time and found the one that best suits our needs," Calamaras said.



# Defensive Driving Classes

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

- **Thursday, September 12, 2024, from 9:00 a.m. to 3:30 p.m. held at King Thiel II, 11 Elks Lane, Latham.**
- **Tuesday, September 24 2024, from 9:00 a.m. to 3:30 p.m.**
- **Saturday, October 19, 2024, from 9:00 a.m. to 3:30 p.m.**
- **Saturday, October 26, 2024, from 9:00 a.m. to 3:30 p.m.**

All Classes except September 17, 2024 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.

# Car Fit Space Still Available!

Presented by CSSC's Driver Fitness Center your road map to driving safer and longer.

**Thursday, September 19, 2024 from 9:30 a.m. to 2:30 p.m. in The Beltrone Living Center's North Parking Lot**

**Car Fit is FREE but registration is required!**

Call to register for your 20-minute evaluation to ensure your proper fit in your vehicle based on a 12-point checklist including safety belt fit, steering wheel tilt, etc.

To register for Car Fit call Madelyn at 518-459-2857, ext. 340.



# Farmers' Market Coupons Available

Annually, NYS Department of Agriculture and Markets makes available **FREE** Farmers' Market Nutrition Program coupons in booklets worth \$20.

Please call Christine at 518-459-2857 ext. 308 to see if you are eligible.

**\$5.00 Farmers' Market Nutrition Programs \$5.00**  
June 1 - November 30

|   |  |   |   |
|---|--|---|---|
| USE AT AUTHORIZED FARMERS' MARKETS AND FARM STANDS<br>USE EN MERCADOS Y PUESTOS AGRICOLAS AUTORIZADOS | USE FOR LOCALLY GROWN, FRESH FRUITS AND VEGETABLES<br>USE PARA FRUTAS Y VERDURAS FRESCAS CULTIVADAS LOCALMENTE | USE WITH AUTHORIZED FARMERS<br>USE CON AGRICULTORES AUTORIZADOS | USE BY NOVEMBER 30<br>USE ANTES DEL 30 DE NOVIEMBRE |
|---|--|---|---|

Do not use at grocery stores or supermarkets. No cash change. No se puede usar en tiendas ni supermercados. No se puede cambiar por dinero.

For more information and recipes: [www.humen.comell.edu/dns/fmnp](http://www.humen.comell.edu/dns/fmnp)  
 W/C Hotline: 1-800-522-5006  
 Senior Hotline: 1-800-342-9871

2024

Find Participating Markets at: [agriculture.ny.gov/farmersmarkets](http://agriculture.ny.gov/farmersmarkets)  
 Instructions for farmers:   
 Instrucciones para los agricultores:

COUPON EXPIRES NOVEMBER 30, 2024

Department of Agriculture and Markets  
Farmers' Market Nutrition Program  
[www.agriculture.ny.gov](http://www.agriculture.ny.gov)

If lost or found return to:  
 NYS Department of Agriculture and Markets  
 108 Airline Drive Albany, NY 12235

**601622561**



## Frozen Meals and Soups To-Go

Initiated in May and designed for takeout, CSSC's frozen entrees can be heated both in a microwave or a conventional oven. Menu selections vary and feature favorites our current diners enjoy. Each delicious meal contains a protein, a starch and a vegetable, and cost \$6 each. There are also a wide variety of homemade soups available at a cost of \$3 each.

Both the frozen meals and soups are available to all and can be purchased Monday through Friday when the café/stores at both The Beltrone Living Center, 6 Winners Circle, Albany, and King Thiel Senior Community, 17 Elks Lane, Latham, are open, approximately 9:00 a.m. to 3:00 p.m.

For additional information please call Diane at 518-459-2857 ext. 305.

## Let's Celebrate the End of Summer with a Special Outing

Join Diane and Carol for a fabulous one day trip to The Big E in West Springfield, MA, the largest event on the East Coast and the seventh largest fair in North America, on Friday, September 20<sup>th</sup>. Attendees will enjoy hours of free entertainment and attractions, terrific food, plus the best that New England has to offer. The Big E is considered America's Premier Exposition and world's only multi-state fair, representing all six New England States. Friday, September 20<sup>th</sup> will highlight the great state of New Hampshire.

We will be leaving from The Beltrone Living Center at approximately 7:00 a.m. returning that evening at approximately 7:45 p.m. The cost is \$55 for members of **THE CENTER** and \$65 for not-yet-members. Transportation on Yankee Trails to and from, snacks and beverages on the bus, and admission into The Big E is included in the cost. If you haven't been before, The Big E grounds are quite expansive so a lot of walking should be expected as well as experiencing different ground surfaces. 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 in partnership with the Regional Food Bank. Our monthly food distribution day helps those in need. Join us on **Tuesday, September 10<sup>th</sup> approximately 11:00 a.m. to 12:00 noon at The Beltrone Living Center.** **Please bring your own reusable grocery bag.** With many people attending, we ask for you to extend patience and kindness to all involved. We do our best to ensure that everyone in attendance receives assistance. **Thank you.**



### September's Community Drive Thru Dinner Thursday, September 19<sup>th</sup>, 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
- Flourless Chocolate Cake

**September Drive Thru Dinner cost is \$17 per meal.**



### October's Community Drive Thru Dinner Thursday, October 17<sup>th</sup>, 4:00 p.m. to 5:00 p.m.

#### Menu

- Autumn Harvest Vegetable Soup
- Olive & Artichoke Salad
- Frenched Herb Roasted Chicken Breast, Mushroom Burgundy Sauce, Rice Pilaf, Butternut Squash
- Apple Crisp

**October Drive Thru Dinner cost is \$17 per meal.**

These wonderful drive thru meals are available to anyone in the community. Reservations are required. 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

## CSSC Congregate Meal Program September 2024

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 \$3.00 for entertainment. Registration and Reservations are Required for this program. Call Liz at 518-459-2857 ext. 303 for Reservations by 12:00 p.m. the business day before.

**Special Lunch Friday, September 6<sup>th</sup> at Noon:** Come enjoy lunch with the community and vocals and guitar tunes from Rick Bedrosian, a returning hit. Lunch served will be Chicken Marsala.

**Lunch & Learn Thursday September 12<sup>th</sup> at Noon:**  
\*Please be mindful of others and keep conversations

## September 2024 Menu Menu items are subject to change

|      |  |      |   |
|------|--|------|---|
| 9/2  | <b>CLOSED</b>                            | 9/16 | Baked Ham   |
| 9/3  | Beef Tips over Egg Noodles               | 9/17 | Meatball Sub                                      |
| 9/4  | Mushroom, Spinach + Cheese Quiche        | 9/18 | Garlic, Ricotta + Broccoli Pizza                  |
| 9/5  | Goulash                                  | 9/19 | Cornflake Chicken                                 |
| 9/6  | <b>Special Lunch</b> – Chicken Marsala   | 9/20 | Chicken Broccoli Alfredo                          |
| 9/9  | Apricot Beef Brisket                     | 9/23 | <b>Lunch</b> – Swedish Meatballs over Egg Noodles |
| 9/10 | Oregano Lemon Chicken                    | 9/23 | <b>Special Dinner</b> – Chicken Parmesan          |
| 9/11 | Butternut Squash Soup + ½ Turkey Sand.   | 9/24 | Salmon Cakes                                      |
| 9/12 | <b>Lunch &amp; Learn</b> – Shrimp Scampi | 9/25 | Stuffed Pepper                                    |
| 9/13 | Chicken Parmesan                         | 9/26 | Chicken Caesar Salad                              |
|      |  | 9/27 | Eggplant Parm w/Ziti                              |
|      |  | 9/28 | Chicken Piccata                                   |

to a minimum during the presentation\* Come enjoy Shrimp Scampi, and a presentation by Karen Baxter of the Alzheimer's Association.

**Special Dinner Monday, September 23<sup>rd</sup> at 5:00 p.m.:** Come enjoy a chicken parmesan dinner with the community, and a high energy performance by

Carla Page! Carla is a woman of many talents—she has been singing for 45 years, has her own radio show and also sings with a band.

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

- 1 CSSC held their first community concert in The Donald Led Duke Senior Center Pavilion. Featuring "5 Left".
- 2 Visiting the Capital District Crime Analysis Center.
- 3 Timeless Tappers perform in The Beltrone Lakeview Room
- 4 Jillian Ludwig, Cornell Cooperative Extension Community Nutrition Educator put on a cooking demonstration at The Beltrone.
- 5 Our volunteers in action.

## Moving On Up

King Thiel II Senior Community officially opened on August 1, 2024. Welcoming many new residents to affordable, independent, senior living

## 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

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518-459-2857, ext. 322  
Colonie 518-459-7967

### Director of Housing

Brian Tompkins  
btompkins@colonieseniors.org  
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

### King Thiel II Senior Community

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### Media and Communications

Michael DiGiuseppe, Specialist  
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518-459-2857, ext. 337



Colonie Senior Service Centers, Inc.  
6 Winners Circle  
Albany, NY 12205

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Thank you to our Generous Sponsors! As of July 24, 2024

**BBL Construction Services**

The Salvatore & Anna Beltrone Family Foundation

