



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

SENIOR CONNECTIONS

November 2024 | Volume 38, Edition 11

Veteran's Recognition Luncheon: Thank You for Your Service

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

On Monday, November 4, 2024, 11:00 a.m. – 1:00 p.m., Colonie Senior Service Centers will be holding its Annual Veterans Recognition Luncheon at The Beltrone Living Center, 6 Winners Circle, Albany.

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

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

This event is made possible with the generous underwriting support from BBL Construction Services, Team McCabe, Highmark Northeastern New York, and the American Legion Joseph E. Zaloga Post #1520.

SPONSORED BY



Joseph E. Zaloga Post 1520



Message from the Executive Director



Happy November!

National Gratitude Month

Adopt a Senior Pet Month

November 3

Daylight Savings Time
(turn clocks back an hour)

November 5

Election Day

November 10 – 16

World Kindness Week

November 11

Veterans Day

November 28

Thanksgiving

Humans are gregarious creatures. Not only do we need to be seen, we need to see others. Not only do we need to be heard, we need to hear others. How we communicate and acknowledge each other openly without judgement is incredibly important. Basing this interaction on shared values and common interests makes the process that much easier. November indeed feels like a time to gather with others, with holidays like Thanksgiving bringing people together. It is a season of celebration and connections. It is a time to give thanks and to appreciate one another.

For me, November intertwines both sadness and joy. It is the month I lost my dear mother, as well as the month I married my beloved long ago creating a profound mix of emotions. November is a month full of memories, love, and reflection.

Every November, Colonie Senior Service Centers hosts our Annual Veteran Recognition Luncheon to thank our Veterans who served our country. It is a beautiful, intergenerational, community event. We hope you will be able to join us for this year's luncheon on Monday, November 4th to reflect on the courage, commitment, and the freedoms we enjoy because of their service.

Beginning Sunday, November 17th, I want to thank you in advance for voting for Colonie Senior Service Centers as part of the Times Union's \$100,000 Giveaway and for your consideration in supporting CSSC's end-of-year Annual Appeal. Every contribution, regardless of size, brings us closer to our organizational goals.

During this month, let us express our thanks to our friends and family, neighbors and co-workers, and those who have supported and defended us whether through ceremonies, gatherings, quiet reflection, or reaching out to just to say, "I appreciate you".

Happy Thanksgiving!

– Diane Conroy-LaCivita



CSSC's International Diners Club – For the Love of Food November's Outing – Caribbean Anyone?

Passionate about sharing the vibrant flavors of Trinidad and Tobago, Chef Deborah Lynch leads "Simply Caribbean Foods" with vision and creativity. Her expertise in Caribbean cuisine and deep love for her heritage inspires every dish she prepares. This month the Chef is coming to visit us!

Get ready for November's dining opportunity as we host Chef Deborah in the community room at King Thiel II Senior Community, 11 Elks Lane, Latham on Thursday, November 14th at 4:00 p.m. (CSSC buses will leave BLC at 3:40 p.m.) The cost of the meal is \$25 and will include a buffet, 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.

CSSC Needs You!

**VOTE,
VOTE,
VOTE!**

Thank you to Goldstein Auto Group for sponsoring CSSC

TIMES UNION
THE BIG \$100,000 GIVEAWAY

CAPITAL REGION GIVES

Vote every day starting Sunday, November 17th

CSSC is once again participating in the Times Union’s Capital Region Gives Giveaway where we are eligible to win one of ten, \$10,000 advertising grants for 2025. We are hoping you will vote for Colonie Senior Service Centers. You can vote on any electronic device once a day throughout the entire contest period. It is easy to do, just visit timesunion.com and click on the Capital Region Gives icon.

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

Thank you in advance for your support.

On-line voting contest taking place on timesunion.com from November 17, 2024 to December 6, 2024.



End-of-Year Annual Appeal

First and foremost, we extend our deepest gratitude to everyone who has generously donated to previous Annual Appeals.

Your support has been instrumental in helping us

achieve our mission of supporting older adults. We could not have done it without you. Thank you for making a difference, a unified lasting legacy.

Post-COVID has brought tremendous growth in the demand for our programs and services. We also have experienced a reduction in the amount of some of our past governmental support. As many nonprofits are trying to do, we are doing more with less while continually pivoting to meet the needs of seniors.

As the year comes to a close, we kindly ask you to consider making an end-of-year donation. Your continued generosity will allow us to keep making a difference in the lives of those we serve. Every contribution, no matter the size, brings us closer to our goals.

You can donate online by using our website at <https://colonieseniors.org/product/make-a-gift/> or scan the qr code above or you may write a check to Colonie Senior Service Centers, Inc., and mail to 6 Winners Circle, Albany, NY 12205.

Thank you in advance for your generosity!

Free Albany Symphony at Troy Music Hall

With generous underwriting from CDPHP and working collaboratively with the staff of Albany Symphony Orchestra, join us for a free matinee showing of Albany Symphony Orchestra at the beautiful and historic Troy Music Hall.

The performance is Joan Tower + Dvořák's "New World". David Allan Miller will conduct the orchestra, with special guest Raman Ramakrishnan on cello. This will be an unforgettable afternoon of sound! Tickets will be given via lottery, drawn on November 1st. Call to be entered.

Sunday, November 17th, bus leaves The Beltrone at 2:00 p.m. and returns at approximately 6:00 p.m.

CSSC Transportation Services will be available to drive participants from The Beltrone Living Center or the King Thiel Senior Campus to the Music Hall. To have your name entered to win up to two (2) complimentary tickets and transportation, please call Madelyn at 518-459-2857 ext. 340.

November’s Healthy and Local Cooking Class – How about them apples?

Join us on Tuesday, November 19, from 11:00 a.m. to 12:00 noon when CSSC staff will join up to demonstrate everything apple. The class is designed to highlight the versatility and flavor of apples in a variety of dishes, as well as learning techniques for using apples in everything from appetizers and salads to main courses and desserts. The 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.







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, November 12, 2024 at 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 everyone in attendance receives assistance. **Thank you.**

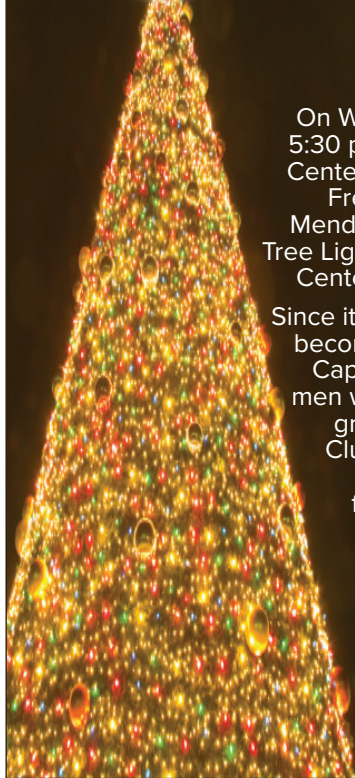
VOLUNTEER CAFÉ

**JOIN US NOVEMBER 21ST,
FOR RSVP'S VOLUNTEER
RECRUITMENT CAFÉ!
11:30 A.M. TO 1:00 P.M.
6 WINNERS CIRCLE,
ALBANY NY 12205**

We will have organizations from Rensselaer County who are looking to recruit new volunteers! Come for the volunteer opportunities, stay for the coffee and treats!

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



Free Holiday Concert and Tree Lighting

On Wednesday, December 4th at 5:30 p.m., Colonie Senior Service Centers will be holding its Annual Free Holiday Concert with the Mendelssohn Club of Albany and Tree Lighting at The Beltrone Living Center, 6 Winners Circle, Albany.



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

In addition to the official lighting of The Beltrone Living Center holiday tree, the Mendelssohn Club of Albany will perform a beautifully appropriate set of songs to welcome the 2024 holiday season. Refreshments will be served.

This event is free and open to the public. No reservations required. For additional information, please contact Madelyn at 518-459-2857 ext. 340.



SUBARU share the love® EVENT

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



Willing to Lend a Helping Hand

Colonie Senior Service Centers' RSVP Volunteer Program is the largest it has ever been due to our dedicated volunteers; many of whom have been involved for over five years. An example of the incredible volunteers in the program is Carl Jackson. Carl, 91, is our oldest active volunteer. Starting in high school, he has been a lifelong volunteer. Carl stated, "Volunteering allows me to bless others, and provides the opportunity to make someone else's day brighter". Carl volunteers at the Sycamore Collective's monthly food distribution to help those in the community who are struggling to gain access to nutritional food. In addition, he is also a volunteer at Sunnyview Rehabilitation Hospital in Schenectady. Carl describes his work at Sunnyview saying, "I like to volunteer at Sunnyview because I had a loved one that used their services and I was very impressed". When asked about what keeps him volunteering he responded, "I take care of my wife, and as her caregiver, volunteering helps me get out of the house to see other people. I look forward to volunteering for my own benefit as much as the know it benefits others."

Thank you Carl for your eight years of RSVP dedication and generosity. Carl has over 2,000 hours of volunteer service and plans to continue volunteering for as long as he can.



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

Holiday Raffle – Get a Head Start on Your Holiday Shopping

Tickets are on sale now!

CSSC’s annual holiday raffle runs Wednesday, November 23rd to December 4th. Fabulous prizes are to be had, including: overnight stays (with breakfast), gift cards to many area businesses, beautifully themed gift baskets and more. Raffle tickets are \$10 each. To purchase your raffle ticket, please call Sharon Herald at 518-459-2857 ext. 302.



Local Bounty Holiday Baskets will be available

Filled with an abundance of local product and produce, CSSC’s beautifully decorated Local Bounty Holiday Baskets will start at \$35 (plus tax). Give your friends, colleagues and family a unique gift for the holidays featuring the best of New York!



To order call 518-459-2857 ext. 305.



Defensive Driving Classes

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

- **Saturday, November 9, 2024, from 9:00 a.m. to 3:30 p.m.**
- **Tuesday, November 19, 2024, from 9:00 a.m. to 3:30 p.m.**
- **Tuesday, December 10, 2024, from 9:00 a.m. to 3:30 p.m.**
- **Saturday, December 14, 2024, from 9:00 a.m. to 3:30 p.m.**

All Classes except December 10, 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.**



THE CENTER at CSSC in November

THE CENTER at CSSC is offering these creative events in November. There are many wellness, travel and learning events happening as well, and there is room for you! Please reach out for the entire schedule. We look forward to seeing you.

Isabella Browne Lörcher, Director of Lifelong Wellness, 518-704-4253.

Vinyl LP Mandalas

Friday, November 1, 10:00 a.m. – 12:00 p.m.
\$24 for members and \$34 for not-yet-members.

Botanical Drawing – Mushrooms and Fungi

Friday, November 1, 1:00 p.m. – 3:00 p.m.
\$24 for members and \$34 for not-yet-members.

Introduction to Caricature Drawing

Monday, November 4, 10:00 a.m. – 12:00 noon.
\$15 for members and \$25 for not-yet-members.

Stained Glass Suncatcher Workshop – Long Suncatcher

2 Fridays, November 1 and 8, 1:00 p.m. – 3:00 p.m.
\$99 for members and \$109 for not-yet-member.
At King Thiel II.

More Colorful Paper Weaving

Wednesday, November 6, 1:00 – 3:00 p.m.
\$19 for members and \$29 for not-yet-members.

Beaded Leaf Canvas

Thursday, November 7, 10:00 a.m. – 11:30 a.m.
\$10 for members and \$20 for not-yet-members.

Resin Necklace Charm

Wednesday, November 13, 1:00 p.m. – 3:00 p.m.
\$19 for members and \$29 for not-yet-members.

Botanical Drawing – Pinecones

Friday, November 15, 1:00 p.m. – 3:00 p.m.
\$24 for members and \$34 for not-yet-members.

Shower Steamers Workshop

Monday, November 18, 1:00 p.m. – 2:00 p.m.
\$29 for members and \$39 for not-yet-members.

Rubber Stamping Art

Tuesday, November 19, 2:00 p.m. – 3:30 p.m.
\$15 each for members and \$25 for not-yet-members.

Fall Still Life in Watercolor

Wednesday, November 20, 10:30 a.m. – 11:30 a.m. and 12:30 p.m. – 2:00 p.m. (lunch break from 11:30 a.m. – 12:30 p.m.)
\$30 for members and \$40 for not-yet-members.

Wool Pet Ornaments

Friday, November 22, 10:00 a.m. – 1:00 p.m.
\$48 for members and \$58 for not-yet-members.

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. This is a monthly group for LGBTQ+ folks 55+ designed to allow participants to connect with each other and build community in a safe and accepting space. Join us Friday, November 15th 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.



New Employees



Cathy Schultz Hay

Cathy recently joined Bright Horizons Colonie as a full time Program Assistant. She grew up in South Colonie and worked at her family's nursery, Schultz's Greenhouse, for many years. Cathy pursued an RN degree through Ellis Hospital School of Nursing and worked at local

hospitals and in different healthcare settings throughout the Capital Region. Cathy brings experience in working with seniors struggling with cognition, memory loss and dementia, and so Bright Horizons is a perfect fit. In her spare time, Cathy enjoys spending time with her family. She has two daughters and two grandchildren. An avid gardener, she loves to spend time out-of-doors, tending her plants.

Shelby Lasch

Shelby recently joined Bright Horizons Colonie as a part-time Program Assistant. A South Colonie High graduate, Shelby is a native Colonie resident. She interned at Bright Horizons through Maria College while pursuing her Occupational Therapy Assistant degree, which she received this year. Shelby is very creative and works well with our seniors, and they love her back! In her spare time, Shelby and her husband enjoy traveling the United States, visiting baseball stadiums and exploring historical and fun places of interest.



Isabella Browne Lörcher

We are so excited to welcome Isabella Browne Lörcher as our new Director of Lifelong Wellness. Isabella comes to CSSC from Capital Roots and with a background in museum and non-profit work. A graduate of Troy High School and University of Vermont, she is passionate about learning,

adventure, the arts and literature. She recognizes that our community is the strongest part of our organization, and therefore is looking forward to getting to know the members of **THE CENTER** at CSSC through classes, travel, and learning events. When not working, Isabella can be found wandering in nature, seeking out live music and attending local art events.

Brian Tompkins

Please welcome Brian Tompkins as he joins the staff at CSSC as Facilities Manager. Overseeing everything from bricks and mortar to maintenance and staff, he brings 30 years of experience in the telecom industry. Brian comes with a strong background in fixing whatever needs to be fixed and working closely with the public. In his free time, he can be found boating, hunting, fishing and traveling with this wife. They celebrated the arrival of their first grandchild, Willa, in September.



New Interns at Bright Horizons

Bright Horizons has a long history of providing internships to students within the Capital Region. We have been fortunate to host students from the Maria College Occupational Therapy Program, the Siena College Social Work Program, the Hudson Valley Community College Health Services Administration Program and the SUNY Albany Social Work Program. This year we have two students joining us for internships. Theresa C. is a student of Social Work from Siena College. She will be in Bright Horizons for the whole year, completing 200+ hours. Angie I. is a student of Health Services Administration from Hudson Valley Community College and will be completing 168 hours of service for the fall semester. Internships are the stepping stones for students looking to build their career path. The experience they acquire at Bright Horizons is invaluable and the creativity, enthusiasm and energy each student brings to Bright Horizons is appreciated by our staff and members, every day.



Bright Horizons Latham

If you have a loved one who is struggling with memory loss and would benefit from socialization, Bright Horizons has a place for them. With meaningful activities planned throughout the day, our social adult day program can provide the respite you need and the compassionate care your loved one deserves. We currently have openings at our new Bright Horizons Social Adult Day Program at 11 Elks Lane in Latham, in our King Thiel II Senior Community. We invite you to come experience our exceptional program by partaking in a trial day. At Bright Horizons, there is fun and laughter and a warm, stable environment. To find out more about our program and schedule a visit, please contact Susan Napierski, Bright Horizons Director, 518-459-7967.



Bright Horizons Thanks for Caregiving Event

Not only is the month of November National Family Caregivers Month, but it is also National Alzheimer's Awareness Month. Each year Bright Horizons Adult Day Social Program conducts their annual, "Thanks for Caregiving" event. We honor and recognize the dedication, compassion, respect and love that caregivers provide to their loved one as they struggle together with Alzheimer's and Dementia. This year the event will be held on Wednesday, November 13, 2024, from 4:30-5:30 p.m. in the Lakeview Dining Room at the Beltrone Living Center. We are fortunate to have Karen Baxter, Program Manager: Albany County, Alzheimer's Association Northeastern New York as our guest speaker. Karen will discuss the challenges that caregivers face and the resources which are available to them within the community. Karen has assisted many seniors and their caregivers throughout the Capital Region with a vast array of information about the disease. We are fortunate to have Karen as our guest speaker for this very special event.



Senior Dining Program

CSSC Congregate Meal Program November

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 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 12:00 p.m. the business day before.

Special Lunch Friday, November 8th at 12:00 p.m.: Come hear a returning favorite, Joe Gorman perform vocals and tunes on his guitar and enjoy an Eggplant Parm lunch.

November 2024 Menu Menu items are subject to change

11/1	Chicken Broccoli Alfredo	11/18	Lunch – Baked Ziti
11/4	*No Walkins, RSVP by 11/3 at 12:00 p.m.* Swedish Meatballs	11/18	Special Dinner *No Walkins* – Turkey Dinner
11/5	Salmon Cakes	11/9	Honey Mustard Chicken
11/6	Stuffed Pepper	11/20	Bacon, Shrimp + Corn Chowder & ½ Turkey Sand
11/7	Chicken Caesar Salad	11/21	Chicken Pesto Lasagna
11/8	Special Lunch – Eggplant Parm	11/22	Shepherds Pie
11/11	CLOSED	11/25	Oven Fried Fish Sandwich
11/12	Meatloaf	11/26	Beef Tips over Egg Noodles
11/13	Pasta Fagioli w/Sausage	11/27	Mushroom, Spinach + Cheese Quiche
11/14	Lunch & Learn – Seafood Mac & Cheese		
11/15	Grilled Cheese & Tomato Soup		

Lunch & Learn November 14th at 12:00 p.m.: Come enjoy lunch and hear from Executive Director and clarinetist Emily Fritz-Endres of the Albany Symphony Orchestra. RSVPs due 11/13 at Noon.

Special Dinner Monday, November 18th at 5:00 p.m.: *No Walkins Permitted* Come enjoy a traditional Turkey Dinner, guitar and vocals tunes by returning favorite, Brian Zapel. Due to high RSVPs expected, No walk-ins will be permitted. RSVPs due Friday 11/15 by 12:00 p.m.

Donations in Action – Through CSSC seniors are active!

1 CSSC held a successful Car Fit at BLC which was considered the largest in upstate New York

3 International Dining went Irish

6 What incredible culinary talent we are afforded

2 Happy fair goes to The Big E

4 Happy Diners

5 Let us entertain you!



New Partnership Formed to Benefit Seniors

Starting in mid-February 2025, CSSC will be partnering with AARP to assist area seniors prepare their taxes. On Tuesdays, tax preparation will be available at our King Thiel Campus, Elks Lane, Latham. On Thursdays, tax preparation will be available at The Beltrone Living Center, 6 Winners Circle, Albany. CSSC will begin to make appointments after New Years for those interested. Additional information will be forthcoming in December's Senior Connections.

Help Older Adults in Our Community with Their Taxes

We will have numerous volunteer positions available to assist with this new initiative. Training and support will be provided for all volunteer roles including greeters and tax preparers. To learn more, please contact CSSC's Volunteer Director, Christine Tremblay at 518-459-2957 ext. 308.

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

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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
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518.459.2857, ext. 304

Driver Fitness Center

Roger Dames, Coordinator
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518-459-2857, ext. 340

Finance

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518-459-2857, ext. 306

Lifelong Wellness

Isabella Browne Lörcher, Director
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518-459-2857, ext. 327

AmeriCorps/RSVP and Volunteers

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

Senior Dining

Liz Hatlee, Director
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Tool Box

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518-608-4758

Transportation Services

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To Schedule a Ride: 518-459-6064

Umbrella of Colonie

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The Beltrone Living Center

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518-459-2711

King Thiel Senior Community and Sheehy Manor

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King Thiel: 518-429-6292
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King Thiel II Senior Community

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

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CSSC WANTS YOU FOR...

We are hiring for a variety of positions including:

- Development Assistant
- Maintenance Tech

If you are interested in any of these positions, please call 518.459.2857 ext. 310.

Colonie Senior Service Centers, Inc. is an equal opportunity employer.



come check out the zecliner



on Monday, November 18th
in the South Lobby of
The Beltrone Living Center
from 3:30 p.m. to 6:30 p.m.

Green's
Appliance & Furniture