



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

SENIOR CONNECTIONS

October 2024 | Volume 38, Edition 10



Don't Miss CSSC's 2nd Annual Bootin', Scootin' Fallallapalooza Thursday, October 10, 2024 in The Donald Led Duke Pavilion on the King Thiel Campus



Carrie Hillenbrandt
and Aimee Robichaud

Co-chaired by Carrie Hillenbrandt and Aimee Robichaud of BBL, CSSC is happy to announce the 2nd Annual "Bootin', Scootin', Fallallapalooza". This 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 at 11 Elks Lane in Latham.



Kevin Richards

The event will feature emcee Kevin Richards from 100.9/107.1 The Cat, live music from local bands Hammerhead Horns and the New Whiskey River Band. Come enjoy line dancing, a square dance demonstration by The Shoe Leather Express, a complimentary cider and hot chocolate bar, food concessions, a cash bar, as well as raffles, 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 in 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.

Tombstone Epitaph – Using construction foam supplied by CSSC and your own art supplies, create a unique piece of art that will be displayed on the ground at the event. CSSC will be awarding prizes in the following categories: Best of Humor, Most Profound/Touching/Moving, and Most Creative/Artistic.

Jack-O-Lantern – Using a pumpkin supplied by CSSC, create a carved, themed creation that will be displayed at the event. 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.

Tickets for the event are \$25 for an adult and \$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



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Colonie Senior Service Centers, Inc. was established in 1981 as a duly authorized 501(c)(3) not-for-profit corporation.



Message from the Executive Director



Happy October!

October 1

International Day of Older Persons

October 4

National Diversity Day

October 10

Bootin', Scootin' Fallallalooza

October 14

Columbus Day and Indigenous People's Day

October 20

International Chef's Day

October 31

All Hallows Eve

Hello World!

Anticipating joyful moments makes them even more meaningful when they arrive. There is something magical about looking forward to special moments. It keeps the excitement alive and gives you something wonderful to anticipate.

Soon to be celebrating 36 years of marriage alongside the arrival of our first grandchildren is incredibly special. My husband and I are truly looking forward to the next two months in our lives.

As I have aged, I have realized love and appreciation often shows up in the simplest, most thoughtful gestures and it is small acts of kindness that make relationships and life so meaningful. For example, knowing how much I enjoy them, my husband, Joe, always gives me his pickle from his sandwich. (Simple but sweet). I look forward to growing old with him and sharing many memories. Everyone should have something to look forward to that brings joy and purpose.

All the incredible classes and activities offered by THE CENTER at CSSC is a fantastic way to engage and give you something to look forward to. Our wide variety of classes can stimulate your mind, spark new interests, and/or renew old passions while our trips offer the joy of exploration and a break from routine. Caroline and Isabella have worked very hard to create an incredible catalogue for October, November and December.

Let us all look forward to new experiences. Hope to see everyone at Bootin', Scootin' Fallallalooza on October 10th, and Happy Halloween!

– Diane Conroy-LaCivita



Thank you to CSSC's Volunteer Board of Directors for all you do!

(Left to right) Paul W. Wilkes, Dr. Kevin Costello, Peter Campito, Dr. Russell Ward, Aimee Robichaud, Christopher McCabe, Michael J. Hoblock, Jr., Anthony Mantello, Mary E. Brizzell, Nancy O'Connor, Jim Morell, Alicia Kelley, and Frederick W. Erlich, (Not Pictured; Michael J. Bianchino, Mary Beth Hofmeister, Camille Hoheb, J. Eric King, and Steven R. Muth).



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

October's Outing – Thai Anyone?



Opening in January of 2021 and ranked as one of the top 20 world restaurants in the Capital Region, the proprietors of Sri Siam serve traditional Thai cuisine in a comfortable homey atmosphere.

Get ready for October's dining opportunity as we visit Sri Siam Thai Restaurant, 337 Columbia Turnpike, Rensselaer, on Tuesday, October 22nd at 4:00 p.m. (CSSC buses will leave BLC and KTSC at 3:30 p.m.). The cost of the meal is \$38 which will include one of three entrée choices, a dessert choice and beverage. 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.

Join Us for a Day of “Pumpkin Patch Pickers”

This inaugural event is designed to help those doing fall cleaning, as well as those looking for a good deal.

On Saturday, October 19th from 10:00 am to 2:00 pm, CSSC is holding a **HUGE** white elephant sale entitled “Pumpkin Patch Pickers” inside The Donald Led Duke Pavilion on the King Thiel Campus in Latham. Booths, which will measure 10’ X 10’, will be available for \$30 and will include coffee and pastries in the morning during vendor setup. At 10:00 am, doors will open for the public to come in and shop.

With autumn arriving, now is the time to sell items in good condition that you may no longer use and could benefit someone else. Get yourself organized by decluttering items you no longer need as well as searching for items you were hoping to acquire.

At the conclusion of the event, all vendors must remove all items they brought that did not sell. Nothing can be left. (Carry in - Carry out)

Proceeds from this event will benefit CSSC’s Bright Horizons Social Adult Day Program.



For questions or to book your space, call Madelyn at 518-459-2857 ext. 340.

End-of-Year Annual Appeal to Begin in October

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.

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.

ALBANY SYMPHONY
DAVID ALAN MILLER, Heinrich Medicus Music Director

JOAN TOWER +
DVOŘÁK'S
“NEW WORLD”

ENTER TO WIN A FREE TICKET AND SHUTTLE TRANSPORTATION TO
SUNDAY, NOVEMBER 17 - 3:00PM
TROY SAVINGS BANK MUSIC HALL

David Alan Miller, conductor
Raman Ramakrishnan, cello

BEDŘICH SMETANA: “The Moldau” from *Má vlast*
JOAN TOWER: Cello Concerto “A New Day”
ANTONÍN DVOŘÁK: Symphony No. 9 “From the New World”



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 10th. 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 12th 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. Takes place at The Beltrone Living Center.

Wednesday, October 9th, 1:00 p.m. – 3:00 p.m.
\$15 for members and \$25 for not-yet-members of **THE CENTER** at CSSC.

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

You're Invited!



The Beltrone Living Center's 25th Anniversary

From the outside, The Beltrone Living Center is a formidable looking building (Covering over 300,000 square feet, six floors, and 250 independent, senior living apartments, along with offices and the headquarters of Colonie Senior Service Centers, Inc.) Yet inside, it is bustling with energy, warmth and neighborly interactions between residents, staff and visitors alike. When asked why she likes living at The Beltrone, resident Judy Mussi answered simply, "the people." And indeed, the community here is what makes this building special. Within these walls, friends gather, families celebrate, and neighbors connect with neighbors.

As The Beltrone celebrates its twenty-fifth anniversary this October, we cordially invite you to join us on Wednesday, October 16th from 4:30 p.m. – 6:00 p.m. in the Lakeview Dining Room.

Thank you

Special thank you to the Leadership Team at Hannaford (96 Wolf Road, Windsor Plaza) for selecting us as their Fight Hunger Bag recipient for the month of October.




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

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, October 18th 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.



Volunteer Right at Home!

King Thiel Senior Community II (KTSC II) opened on August 1st. Along with creating a wonderful senior community, KTSC II offers a wide range of volunteer opportunities. Volunteers are able to assist with lunch, help out in the store, help with special events, assist at concerts in The Donald Led Duke Pavilion, and so much more!

If you have a passion to volunteer but don't want to travel far, King Thiel II may be the perfect fit your you!

Reach out to Christine Tremblay, RSVP and Volunteer Service Director, for further details at ctremblay@colonieseniors.org or call 518-459-2857 ext. 308.



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

Beltrone Resident Named Grand Marshal of Albany Veterans Day Parade

It is with great pride that we announce Sergeant James A. Dandles, a resident of The Beltrone Living Center, has been named Grand Marshal of the 2024 Albany Veterans Day Parade. Dandles served in the Army from 1965 until he was honorably discharged in 1967. He also assisted in spearheading efforts to honor local black military WWI hero Henry Johnson, including petitions to rename Northern Boulevard to Henry Johnson Boulevard and the dedication of a memorial statue in his honor in Albany. He also worked with other veterans to have Johnson posthumously awarded the Purple Heart in 1996 and the Medal of Honor in 2015. Dandles spoke of the importance of honoring this local legend, saying it was long overdue. Along with Dandles' extensive volunteer and community service, the honor of Grand Marshal is just one more impressive feather in his cap of achievements. While Dandles states he is both excited and nervous about the parade, he sure is glad to they'll have a car for him to ride in! Dandles has lived at The Beltrone for five years with his wife Cora. From all of us at Colonie Senior Service Centers, congratulations, Jim! The historic Veterans Day parade will be held on Monday, November 11 in downtown Albany.



Defensive Driving Classes

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

- **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.**
- **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.**
- **Saturday, December 14, 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.

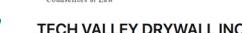
Scenes from the 31st Annual Beltrone Golf Classic Tournament



Thank you to our Generous Sponsors!



The Salvatore & Anna Beltrone Family Foundation



Thank You NYS Assemblyman Phil Steck

CSSC wants to acknowledge and thank Assemblyman Phil Steck for his hard work and dedication to our seniors in securing \$150,000 in state funding to allow CSSC to purchase one new vehicle for our fleet. We so appreciate everything you do for us!



Beltrone Monster Mash!

Join us on October 31, 2024 from 2:00 p.m. to 3:30 p.m. for a costume contest and fun Halloween games.

This event is **open to all** and will take place in the Lakeview Dining Room at The Beltrone Living Center, 6 Winners Circle, Albany. Reservations not required.





Frozen Meals and Soups To-Go

Initiated this past spring 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.



October's Community Drive Thru Dinner

**Thursday, October 17th
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.

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.



You are Cordially Invited to CSSC's Annual Veterans Recognition Luncheon

On Monday, November 4, 2024, 11:00 a.m. to 1:00 p.m., please join Colonie Senior Service Centers, Inc. (CSSC), members of the American Legion Joseph E. Zaloga Post #1520, Albany High School JROTC Cadets, and Blue Star Mothers as we honor Veterans from all branches of the Armed Services at CSSC's Annual Veterans Recognition Luncheon being held in the Lakeview Room in The Beltrone Living Center, 6 Winners Circle, Albany.

Veteran is a word that, more than any other, represents honor and the fulfillment of duty. Their dedication to protecting our freedoms and ensuring our safety is invaluable. Our sincere appreciation to all Veterans for their courage, commitment, and the countless sacrifices they have made for the greater good. It is more important than ever that our Veterans receive our support and gratitude for protecting us both here at home and abroad. We owe them a debt that cannot be repaid. The selflessness required and the sacrifices made by a Veteran do not go unnoticed and with CSSC's Annual Veterans Recognition Luncheon we hope to demonstrate our sincere appreciation in recognizing their sacrifice and service.

In addition to a delicious lunch and live music, there will be a luncheon program honoring all Veterans present. There is no charge for Veterans to attend. The cost to non-veteran guest/attendee is \$5. For questions, additional information or 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, October 8th 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.**



Senior Dining Program

CSSC Congregate Meal Program October 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 for entertainment. Guests and those under 60 have a required \$11 Fee. 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 October 4th at 12:00 p.m.: Come enjoy a classical piano performance by composer and pianist Cole Broderick. Lunch served will be Grilled Cheese & Tomato Soup. RSVPs due 10/3 at 12:00 p.m.

October 2024 Menu		Menu items are subject to change	
10/1	Meatloaf	10/21	Lunch – Apricot Beef Brisket
10/2	Pasta Fagioli w/Sausage	10/21	Special Dinner – Baked Ham
10/3	Seafood Mac & Cheese	10/22	Oregano Lemon Chicken
10/4	Special Lunch – Grilled Cheese + Tomato Soup	10/23	Butternut Squash Soup + ½ Turkey Sand.
10/7	Baked Ziti	10/24	Shrimp Scampi over Angel Hair
10/8	Honey Mustard Chicken	10/25	Chicken Parmesan
10/9	Bacon, Shrimp+Corn Chowder & ½ Turkey Sand.	10/28	Baked Ham
10/10	Chicken Pesto Lasagna	10/29	Meatball Sub
10/11	Shepherds Pie	10/30	Garlic, Ricotta + Broccoli Pizza
10/14	CLOSED	10/31	Cornflake Chicken
10/15	Beef Tips over Egg Noodles		
10/16	Mushroom, Spinach + Cheese Quiche		
10/17	Goulash		
10/18	Chicken Marsala		

Special Dinner Monday, October 21st at 5:00 p.m.: Come enjoy the returning hit “Standard Time Duo” with Diane Geddes on keyboard and Cathy Olsen on vocals playing a mix of songs from all different eras. Dinner served will be Baked Ham. RSVPS due Friday 10/18 at 12:00 p.m.

Donations in Action – Through CSSC seniors are active!

- 1 Good times at our newest Independent living facility King Thiel Senior Community II.
- 2 Christine Tremblay, AmeriCorps/RSVP and Volunteers Director, Recruiting future Volunteers.
- 3 **THE CENTER's** Secret trip to the Erie Canal.
- 4 Passing out September's Community Drive Thru Dinners.
- 5 Weekly corn hole competition.
- 6 The Art of Writing an Obituary Workshop with Paul Grondahl.
- 7 August's International Diners Club Outing – authentic African inspired cuisine at The Seasoning House.

Discover THE CENTER at CSSC

From state parks to adventure parks, breweries to bakeries, performing arts to fine art, history to mysteries, **THE CENTER at CSSC** has so much to offer. Please see all our offerings online at colonieseniors.org.

For more information or to join, call Caroline at 518-459-2957 ext. 327.

THE CENTER is underwritten by:



THE CENTER at CSSC
 October, November, December 2024 Classes and Experiences for Lifelong Wellbeing FOR ALL PEOPLE AGED 55+

Important Info: PLEASE READ!
 REGISTRATION INFO
 Pre-registration is required for All Events, unless otherwise indicated.
 Registration is not complete and deposits are not refunded if you do not show up to the event.
 There are no refunds or credits for cancellations.
 If you are unable to attend, please contact us for more information.
 Change: We will confirm ALL times, we leave 10 days before the event.
 To register:
 CALL: 518-459-2957
 Email: info@colonieseniors.org
 STOP! During Business hours (9:00 a.m. - 5:00 p.m.) at 518-459-2957

REGISTRATION POLICY
 All classes are pre-registered and subject to a 10-day cancellation policy. If you cancel within 10 days of the event, you will forfeit your registration fee. If you cancel more than 10 days before the event, your registration fee will be refunded.

Learn More About Us

THE CENTER LIVE & LEARN
 I could Eat Pilot Screening + Memo Tasting
 Class: \$22
 Podcasts: \$0
 Comedy: Improv
 Book Talk and Discussion
 Events designed with learning in mind.
 For THE CENTER, see page 8

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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Scenes from Chefs in Motion

Over hundred and fifty people enjoyed CSSC's Chef in Motion: Culinary Tasting and Competition on September 16th at The Beltrone Living Center to benefit CSSC's Transportation Services. Thank you to the chefs, judges, attendees, staff and volunteers for a wonderful event!



THANK YOU TO OUR GENEROUS SPONSORS!

