



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

SENIOR CONNECTIONS

January 2025 | Volume 39, Edition 1

Looking Forward to 2025

The world is better with CSSC by making an impact that lasts.



Message from the Executive Director



Happy January!

*“In dawn’s embrace,
the year unfolds,
a canvas blank,
with dreams untold.”*

*January whispers,
soft and true.
A fresh beginning
waits for you.”*

staff and volunteers who selflessly work hard for the demographic we serve, and take nothing for granted. We try to help others find purpose and give back to the community as a whole. Our new year’s goals are many for our seniors and include:

- Finding contentment
- Laughing more
- Enjoying life’s journey
- Exploring new and old interests
- Making friends
- Staying healthy
- Growing as an individual
- Supporting those in need, their families and caregivers
- Continuing to be connected to your community
- Getting out and about

January 1 – New Year’s Day

January 5 – National Bird Day

January 9 – National Law Enforcement Appreciation Day

January 20 – Martin Luther King Day

January 24 – “Just Do It Day”

Anticipating a year of growth, joy, and possibilities...

With the arrival of two precious grandchildren in November, the new year feels like a blessing of endless possibilities for my husband and myself. We are excited to step into 2025 filled with imaginable adventures and the love of our growing family. It is amazing how two tiny souls, twin sister and brother, have brought such happiness and hope.

As Colonie Senior Service Centers (CSSC), the region’s largest senior-focused, independent nonprofit, looks forward to 2025, we realize the area is better because of our organization, its mission, and our incredibly dedicated

Join us on Tuesday, January 7th from 1:30 to 3:30 pm at The Beltrone Living Center, 6 Winners Circle, Albany, for **THE CENTER** at CSSC’s Annual Open House.

THE CENTER just released its quarterly catalogue for January, February, and March, with over one hundred classes, activities, and trips being offered. We would love for you to join us and get excited to see what adventures the new year has in store for you!

In closing, let us honor Martin Luther King, Jr. Day as a time to reflect on his unwavering commitment to justice, equality, and peace. May his dream inspire us to foster unity, confront injustice, and build a world where love and hope triumph over division and despair.

Let us all look forward to 2025 with hope in our hearts and love as our guide, embracing opportunities and joys the new year promises.

Kindest regards,

– Diane Conroy-LaCivita



CSSC’s International Diners Club – For the Love of Food January’s Outing – Mexican Anyone?



Join Diane and Scott on Monday, January 27th at 4:00 p.m. (buses leave BLC and KTSC at 3:45 p.m.) for their next scheduled international excursion to Don Tequila Mexican Cantina, located at 219 Wolf Road in Colonie, which opened up on November 5th.

The restaurant’s menu features quesadillas, nachos, chimichangas, tacos, tamales, chalupas, tostadas, taquitos, enchiladas, fajitas, birria specials, burritos, steak, chicken, and seafood plates, drinks, and more.

The meal cost is \$30, which will include a choice of three entrée choices, dessert and coffee/tea. 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 or to reserve your spot.





New Partnership Formed to Benefit Seniors

Starting Tuesday, February 4, 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 II Campus, 11 Elks Lane, Latham. **On Thursdays**, tax preparation will be available at The Beltrone Living Center, 6 Winners Circle, Albany.

Note: You must make an appointment (there will be no walk-ins) and an informational packet must be obtained and filled out prior to your scheduled appointment.

Space is Limited. Please call Carol on or after Thursday January 2, 2025 at 518-704-4261 to reserve your spot with a tax preparer.

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 about volunteering, please contact CSSC's Volunteer Director, Christine Tremblay at 518-459-2957 ext. 308.

January's Healthy and Local Cooking Class – 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!

Join us on Thursday, January 23rd, from 11:00 a.m. to 12:00 noon, when Chef Deborah will demonstrate one of her precious recipes.

Class will take place at King Thiel II Senior Community, 11 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.

Create Beautiful Memories for Future Generations

By creating an estate plan, your wishes benefit the people and institutions you love. As you contemplate your legacy, we ask you to consider Colonie Senior Service Centers (CSSC). When you include CSSC in your estate plans, you help support and sustain CSSC's future for generations of seniors to come by them receiving the support, dignity, and community they deserve.

To learn more about how to include CSSC in your estate plans, please contact Diane at 518-459-2857 ext. 305. Together, we can build a brighter future for the seniors in our community.



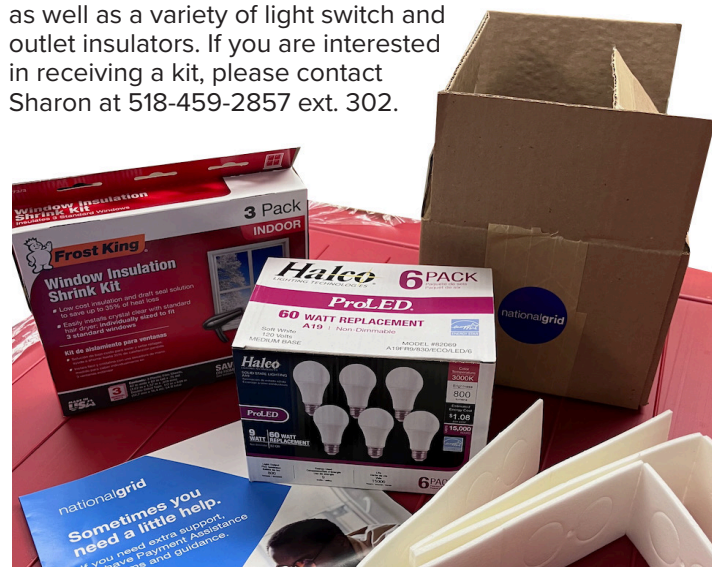
SPACE AVAILABLE

Host Your Next Private Event in One of Our Buildings

Looking for the perfect venue to host your next private party, gathering, or special celebration? The Beltrone Living Center, King Thiel Senior Community and King Thiel II Senior Community offers rooms for rent to our residents and the public that may be perfect for your next event—whether it's a birthday, anniversary, corporate event, nonprofit gathering or family reunion. Each building offers something different. For booking inquiries, availability, and pricing please contact Carol at: 518-704-4261 or cripley@colonieseniors.org

Winter Energy Efficiency Kits

With the generosity of National Grid, CSSC has Winter Energy Efficiency Kits available at no cost. Each kit contains 2 LED light bulbs, a 3-pack of insulating window shrink film, as well as a variety of light switch and outlet insulators. If you are interested in receiving a kit, please contact Sharon at 518-459-2857 ext. 302.



Thank You, Thank You, Thank You, So Much!



Allie B's donated 150 complete turkey dinners.



The Leadership Team at Hannaford (96 Wolf Road, Windsor Plaza, Colonie) selected CSSC as their monthly Fight Hunger Bag recipient.



CDPHP donated Albany Symphony Concert tickets including transportation for 30 seniors.



National Grid donated 75 winterizing kits for distribution to our seniors.



Price Chopper provided a \$5,000 Transportation Grant.



Regional Food Bank donated 250 complete turkey dinners.



Broadview donated one hundred holiday gifts that CSSC employees were able to distribute to seniors in the community.



Times Union provided the opportunity to win \$10,000 worth of advertising through the "Capital Region Gives" contest.



Goldstein Auto Group sponsored CSSC for the "Times Union Capital Region Gives – The Big \$100K Giveaway" and included us for "Subaru Share the Love Event".



Walmart awarded CSSC a \$3,000 grant for transportation services.



Thank you for voting! . . .

to help us be one of the top 12 nonprofits to win \$10,000 in free advertising from the Times Union.

(Left) Diane Conroy-LaCivita, Executive Director Colonie Senior Service Centers, Inc. and George Randolph Hearst III, Times Union CEO & Director of the Hearst Corporation.

(Right) On Friday, December 13, 2024 a ceremony was held at the Times Union for all the 2025 Capital Region Gives Winners.



The Holiday Season in Review

With the 2024 Holiday Season officially over, it is the perfect time to reflect on the warmth, joy, and connection it brought.



Art Exhibit Reception

Thursday, February 6, 2025, 4:00 p.m. – 5:00 p.m.
The Beltrone Living Center Gallery Hallway

The award-winning nature photography of Scott Stoner and Denise Hackert-Stoner of Naturelogues has been widely exhibited, and have appeared in publications such as Birdwatching, National Wildlife, New York State Conservationist, and many others.

Denise and Scott donated many of the photos for the new visitor center at the Five Rivers Environmental Education Center, and are long-time judges for the Albany Pine Bush's annual photo contest.

Scott is retired after a 31-year career with the NYS Department of Environmental Conservation. Denise is an ordained priest in the Association of Roman Catholic Women Priests.

Through their small local business, Naturelogues, Denise and Scott offer natural history slide programs and nature photography workshops for adults and children as well as sales of their nature photography and note cards. To see more of their work, please visit them at naturelogues.com.



RECEPTION IS OPEN TO THE PUBLIC

CSSC's Frozen Soups and Meals Good for Everyone

CSSC's homemade frozen soups and meals offer a simple, nourishing solution for individuals unable to cook.

We recently received feedback from a new mother who has been taking advantage of CSSC's frozen soups and meals commenting that they are, "so beneficial, easy to prepare, always have a great variety to choose from, are economical, and delicious".



THE CENTER at CSSC

OPEN HOUSE! Come to our annual party!

THE CENTER is underwritten by: 

It's time for our Annual Open House, which is a chance to meet people, including our wonderful instructors, learn about what we do, try something new, and join in.

Tuesday, January 7th, 1:30 p.m. – 3:30 p.m.

Lakeview Dining Room at The Beltrone Living Center

The January, February and March catalog is here!

A new year, a new catalogue with over 100 activities, classes, trips, and presentations. I'm sure you're all devouring our latest course offerings. We've got some tasting treats in store this winter. Like chocolate? We've got you covered. Come learn how to perfectly pair chocolate and beer on Friday, February 14th. Not a beer fan? That's ok. On Friday, March 7th we'll be touring Nine Pin Cider Works. And of course, we've got plenty to feed your soul as well. Dive into art at The Clark Art Museum on wednesday, January 22nd. Learn the ancient craft of Japanese kintsugi on Friday, January 31st. Get ready for the Superbowl with Football 101 on Thursday, February 6th. Sooth your mind in a sound bath on Monday, March 3rd.

There is much to do, see and learn, and we invite you to join. There is truly too much to list here, so please come see us and learn about what we do, and how you can fit in.

The best way to experience each season and all that **THE CENTER** at CSSC has to offer is by being a member. If you are interested in joining for 2025, have questions about what programs are right for you, or just want to hear more about **THE CENTER**, feel free to reach out to Isabella Browne Lörcher, CSSC's Lifelong Wellness Director at 518-459-2857 ext. 327.

Lastly, Membership dues for 2025 can be paid now: \$20 for the calendar year.

Martin Luther King, Jr. Day

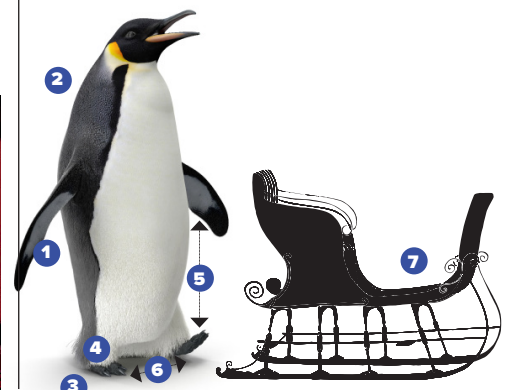
Let us honor Martin Luther King, Jr. Day as a time to reflect on his unwavering commitment to justice, equality, and peace. May his dream inspire us to foster unity, confront injustice, and build a world where love and hope triumph over division and despair.



Winter Safety

Tips for walking safely on icy surfaces:

- 1 Wear gloves – don't keep hands in pockets
- 2 Keep hands free – use a backpack to carry items
- 3 Stay on designated walkways
- 4 Wear footwear meant for traction
- 5 Point feet out; extend arms to side for balance
- 6 Walk like a penguin: short steps or shuffle
- 7 Use special care when entering/exiting vehicle



Defensive Driving Classes

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

- **Saturday, January 18, 2025, from 9:00 a.m. to 3:30 p.m.**
- **Thursday, January 23, 2025, from 9:00 a.m. to 3:30 p.m.**
- **Tuesday, February 4, 2025, from 9:00 a.m. to 3:30 p.m.**
- **Saturday, February 15, 2025, from 9:00 a.m. to 3:30 p.m.**
- **Thursday, March 6, 2025, from 9:00 a.m. to 3:30 p.m.**
- **Saturday, March 22, 2025, 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.



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 **Thursday, January 9th from approximately 10:30 a.m. – 11:30 a.m. at The Beltrone Living Center. Please bring your own reusable grocery bag.**

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.**

BFFs at Bright Horizons

Here is a picture of a few of our “Golden Girls” from Bright Horizons. Creating new memories and making new friendships is what we do at Bright Horizons. Gloria, Marion, and Beverly did not know each other prior to attending Bright Horizons, but they are now fast friends! They love to sing, play Uno and Rummy, as well as Hillbilly Bingo. If you are caring for a senior who struggles with memory loss, please reach out to Bright Horizons. We have two convenient locations, The Beltrone Living Center in Colonie and Bright Horizons Latham at the King Thiel II Senior Living Community. Contact Sue Napierski at The Beltrone at 518-459-7967, snapierski@colonieseniors.org or Sarah Perkins at King Thiel II at 518-459-2857 ext. 323, sperkins@colonieseniors.org. We make old memories new again!



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, January 17th from 10:00 a.m. to 12:00 noon at The Beltrone Living Center, 6 Winners Circle, Albany, and every 3rd Friday of the month after that.

Expect music, fun, camaraderie, and a lot of love and support! Attendees are able to make a reservation and stay for lunch afterwards. For questions and additional information, please call Diane at 518-459-2857 ext. 305.



Warmth of Winter Chair
Andrea Crisafulli

CSSC along with Crisafulli Bros. will host Warmth of Winter to assist Seniors to stay warm and healthy.

CSSC is once again thrilled to have Crisafulli Bros. partner with us in hosting Warmth of Winter, on Thursday, February 20, 2025, from 5:30 p.m. to 8:30 p.m., at Wolferts Roost Country Club in Albany. We invite you to join us for this special wine and craft beer tasting event now turning twenty!

Each year proceeds from Warmth of Winter directly support seniors in need of heating assistance. Winter is an especially challenging time for older adults as they are often in their homes and isolated. Many will probably face making a choice between heating their homes, or purchasing medicine and food.

So please join us at this year's Warmth of Winter, it promises to be a fun evening of sumptuous food stations, wine selections, craft beer tastings, a mystery key game, our famous wine pull and an amazing auction. Your participation will help over 200 seniors in our community to keep their heat on.

Please call Sharon at 518-459-2857, ext. 302 or email info@colonieseniors.org for more information.

Senior Dining Program

Join us for a hot meal at The Beltrone Living Center Monday–Friday at Noon. This program is funded in part by the Albany County Dept. for Aging, NYS Office for the Aging, Administration for Community Living, Town of Colonie and participant contributions. Suggested participant contribution is \$3.00 for food, and \$3 for entertainment. Registration and Reservations are Required for this program. Call Liz at 518-459-2857 Ext. 303 by 12:00 p.m. the business day before.

Lunch & Learn Tuesday January 7th at Noon: Come hear from Melinda Burns, author of A Practical Guide to Caregiving: Finding Balance. She will share insights that she has gleaned over her 35 years of caregiving for a multitude of individuals with a variety of needs.

Special Lunch Friday January 10th at Noon: Come enjoy piano tunes and vocals by Laura Melanie Collins!

Special Dinner Monday January 27th at 5:00 P.M.: Come hear “Hands of Time” jazz band perform!

January 2025 Menu		Menu items are subject to change	
1/1	CLOSED	1/20	CLOSED
1/2	Chicken Pesto Lasagna	1/21	Goulash
1/3	Shepherds Pie	1/22	Shrimp Scampi
1/6	1/6 – Mushroom, Spinach + Cheese Quiche	1/23	Grilled Chicken w/Pineapple Salsa
1/7	Lunch & Learn – Cornflake Chicken	1/24	Bacon, Shrimp + Corn Chowder & ½ Turkey Sand.
1/8	Pulled Pork Sandwich	1/27	Lunch – Beef Tips over Egg Noodles
1/9	Chicken Caesar Salad	1/27	Special Dinner – Meatloaf
1/10	Special Lunch – Spaghetti & Meatballs	1/28	Chicken Piccata
1/13	Stuffed Pepper	1/29	Garlic, Ricotta Broccoli Pizza
1/14	Apricot Beef Brisket	1/30	Honey Mustard Chicken
1/15	Salmon Cakes	1/31	Baked Ziti
1/16	BBQ Chicken Breast		
1/17	Eggplant Parmesan		

Donations in Action – Through CSSC seniors are active!

- Oak Club attracted a healthy number of nature lovers.
- Diane's Secret Tour was all about supporting local.
- Thanks to our volunteers and RSVP stations.
- International Dinners Club promoted Caribbean food in November and German food in December.
- Italian cooking class lead by CSSC employees.

Our Newest US Citizen

Congratulations to ESL student, Najiba, who was sworn in recently as a US citizen by taking her oath of allegiance. She is originally from Afghanistan and comes to The Beltrone Living Center to take advantage of our English as a Second Language classes twice a week. We are so proud of her! Pictured is Najiba, center, surrounded by her fellow ESL students and instructors.



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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Director of Housing

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Christine Tremblay, Director
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Tool Box

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To Schedule a Ride: 518-459-6064

Umbrella of Colonie

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King Thiel Senior Community and Sheehy Manor

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Sheehy Manor: 518-782-2350

King Thiel II Senior Community

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6 Winners Circle
Albany, NY 12205

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We are grateful to those who have supported the 2024 Year End Annual Appeal

Your donations make a lasting difference to seniors and their families.

Anonymous	Ann Marie Dunn	Don & Elizabeth Hesler for Bright Horizons	Gloria Martino	Elizabeth Pierce for Transportation
Diane Arbitrio for Transportation	Jacqueline Endres	Robert Hilton for Transportation	Mary Marx	Orlando Pigliavento
Michael Bianchino for Transportation	Cecelia English	Ralph & Elizabeth Enokian for Transportation	Meg Maurer in memory of June Mauer	Nancy Rexford & Marlin Pierce
Jacob Bierganns in memory of Lou Dobek for Transportation	Ralph & Elizabeth Enokian for Transportation	Camille Hoheb	Joyce Mendrysa for Transportation	Margaret & Susan Schmidt
Tony & Mary Brankman	Fredrick Erlich	David Johnson	Wendy Merklen in honor of Lorraine Merklen for Bright Horizons	Perry F. Smith and RoseAnne Fogarty
Bill & Mary Brizzell for Bright Horizons	Betsy Feldstein in memory of Elizabeth "Libby" Godfried	Rev. James Kane	Fredrick Miller	Dr. Joseph Shook
William & Tina Brunell	Kevin & Kerry Franklin	Mary Keane	Jim Morrell	Joseph R. Simon
Margaret Buckley	Janet Gallas in memory of John Gallas	Althea Keegan	Albina Murphy	Alice Smith for Bright Horizons
Elizabeth Burke	Doris Gleason for Transportation	Maureen Kelly	Concetta Nelville	George & Resa Tanner
Cindy & Bill Callahan	Nancy Goody	Alicia Kelly	Mary Ellen O'Brien	Janice Terry
Sarah Cifarelli Wellen	Marilyn Graver	Carol Kennedy in memory of Bernard M. Kennedy	Barbara Oliver in memory of The Oliver Family for Bright Horizons	Gerald Vincent
H. Patricia Conley	Al & Yvonne Harwell	Helene Kruse for Bright Horizons	Ruth Pelton	Russ & Marjorie Ward
Dr. Kevin Costello	Suzanne Hammond	Barbara & Bernard LaGrave	Joan Pflieger in memory of Chris Becker	Allen & Evelyn Wolf
Jeanine A. Daigle for Transportation	Jacquelyn Harte for Bright Horizons & Transportation	Eleanor Laviolette	James Phelps	
Pearl DePoalo	Dale Hartman in memory of Mary VanWie and Mr. & Mrs. Eugene Harris for Transportation	Tom Link	Herbert Picker in memory of Louise Picker	
Carole Diesel		Paula Mahan		
Christina Dillon		Tony & Sue Mantello		
Jolene Dirolf		Rosalie Margolis for Transportation		
Robert Donnaruma		Ralph Marra for Bright Horizons		
Pamela Drake Love				

Donations received from 11/7/2024 to 12/13/2024

