



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

# SENIOR CONNECTIONS

March 2025 | Volume 39, Edition 3

## Help Colonie Senior Service Centers Celebrate International Women's Day

### "Accelerate Action"

Join Colonie Senior Service Centers (CSSC) on Friday, March 7<sup>th</sup>, from 2:00 p.m. to 4:00 p.m. at The Beltrone Living Center, 6 Winners Circle, Albany for International Women's Day. International Women's Day (IWD) is a global holiday celebrated annually. IWD gives focus to issues that face women such as gender equality. Spurred on by the universal female suffrage movement, IWD originated from labor movements. The earliest IWD version recorded was a "Women's Day" organized in New York City on February 28, 1909. From these humble beginnings, it was proposed that "a special Women's Day" be organized annually. The following year saw the first demonstrations and commemorations of International Women's Day across Europe. IWD became a mainstream global holiday following its adoption by the United Nations in 1977. This year's international theme is "Accelerate Action".

Please join us for breakout sessions, informational tables, demonstrations, and live musical entertainment. As of this printing, confirmed attendees include the Albany Symphony, the Albany Women's Club, Capital Cooks' co-proprietor Caroline Barrett, CDPHP, the Center for Natural Wellness School of Massage Therapy, Chef Joan Dembinski, the Friends of Pruy House, the Girl Scouts, The Half Moon Button Club, the International Center of the Capital Region, the Irish American Heritage Museum, Loudonville Neighbors, Attorney Christina Meier, My Favorite Things, the Pharming Group, the Pride Center of the Capital Region, Organize Senior Moves, the Round Table Art Group, Shaker Heritage Society, the Timeless Tappers, as well as a musical performance by folk/bluegrass artist "Joann Sifo". There will be raffles, giveaways and complimentary refreshments. Thank you to the Jim Clark Community Performance Fund, Local 14, the Meier Law Firm, and the Pharming Group, for their support for this event. This celebration is FREE and open to all. For questions and additional information, please contact Diane at 518-459-2857 ext. 305.



HALF MOON  
BUTTON CLUB



The Woman's Club  
of Albany  
Since 1910



IWD 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 March!



- March 10**  
Harriet Tubman Day
- March 17**  
St. Patrick's Day
- March 20**  
First Day of Spring
- March 29**  
Brothers' and Sisters' Day
- March 31**  
National Farm Workers Day

to visit their partner/loved ones in the hospital, rehabilitation center, and/or nursing home. Through our Transportation Services, CSSC empowers seniors to stay engaged and connected, ensuring they feel valued and actively involved in our community.

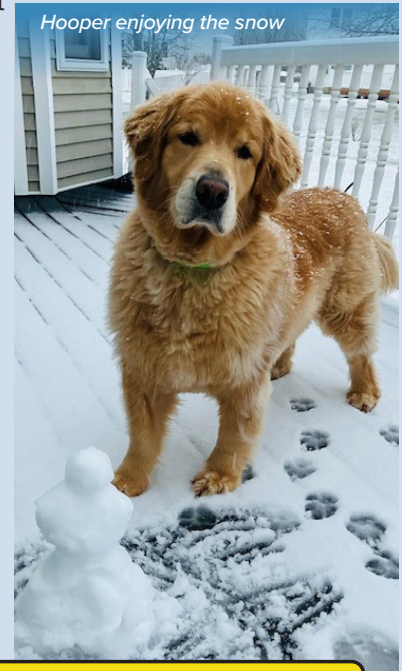
Unfortunately, as demand and costs have grown, some sources of previous government support have decreased with the types and purposes of rides now being closely reviewed and only certain rides receiving support.

In essence, we are forced to do more with less. However, where there is a will, there is a way. For the last several years, proceeds from three of CSSC's major fundraisers have been utilized to offset transportation expenses.

We have applied for and received many grants and have secured support from our state representatives, as well as many, many corporate partners. CSSC will look for ways to fund this program so that it can continue to operate.

The next time you see a Colonie Senior Service Centers bus or van on the road, remember the dedication behind providing those rides to our community's most vulnerable population.

Slainte,  
– Diane Conroy-LaCivita




## Every Ride Counts

On my twenty-plus minute drive to work each morning, I pass a multitude of public bus stops. Individuals patiently wait in all sorts of weather to be picked up so they can start their day. Often, I reflect on how fortunate I am to be able to own a car and have the independence of coming and going as I choose.

Colonie Senior Service Centers has been driving seniors since January 15, 1984. I am so proud of CSSC's Transportation Services, our incredible dedicated drivers, and what we have and continue to offer seniors. In my humble opinion, transportation is the most important service this nonprofit offers.

Safe, reliable, affordable transportation is a lifeline for seniors, helping them stay independent, connected and engaged in our community. Every ride counts and every ride ensures access to essential services like medical appointments, grocery shopping, pharmacy runs, volunteer opportunities, congregate meals, educational opportunities, adult day programming, and social activities. I know for a fact we have improved and extended many people's quality of life. For example, we have taken people to dialysis and chemotherapy appointments and driven seniors to be able

 **As of March 1<sup>st</sup>, there will be a 3% charge on all credit card purchases.**



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

Join Diane and Scott as we celebrate all things Irish. 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 Guinness beef stew, bangers and mash, and the Kilkenny Bookmaker.

Get ready for March's dining opportunity as we visit O'Slattery's, 318 Delaware Ave in Delmar, on Tuesday, March 18<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 \$33 and will include an entrée, beverage, and dessert. Space is limited and registration is required. As an extra bonus – during our meal, we will be entertained by local musician Michael Clarke who is also the Executive Director of the Irish American Heritage Museum.

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.





## Irish Soda Bread Anyone?

Is there a better bread in the world than a loaf of Irish soda bread, particularly as we get close to St. Patrick's Day? Irish soda bread, made with white flour, is the cousin to Irish Brown, which was as common as a pint of Guinness or Smithwick's Ale. Although today both are equally popular, brown bread was initially more common because white flour was more expensive. Join us on Tuesday, March 4th, from 11:00 a.m. to 12:00 noon, when well-known local Chef Pat Hale will demonstrate the proper way of making delicious Irish Soda Bread; just in time for St. Patrick's Day. The demonstration will take place at King Thiel Senior Community, 17 Elks Lane, 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.



## What's Ahead in 2025 – Mark Your Calendar

**Mother's Day Fashion Show and Luncheon –**  
Friday, May 9<sup>th</sup>

**Summerfest and Active Aging Fair –**  
Monday, June 23<sup>rd</sup>

**The Salvator R. and Anna E. Beltrone Golf Classic –**  
Monday, September 8<sup>th</sup>

**Annual Chefs in Motion –** Monday, September 29<sup>th</sup>

**Bootin', Scootin' Fallallapalooza –** Thursday, October 9<sup>th</sup>



## Christmas in July Premier Raffle

**\$10 Per ticket**

Prizes Include:

- Campfire Basket
- BBQ Basket
- 40" Amazon Fire TV
- Cooking Basket
- Pampering Basket
- Home Movie Basket
- Christmas Morning Basket
- Culinary Adventure

Stop by The Beltrone Living Center to purchase your ticket.  
Drawing will be held on Tuesday, July 1<sup>st</sup>.



**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](mailto:cripley@colonieseniors.org)

## Free Jazz Community Concert in The Donald Led Duke Pavilion

Please join CSSC on Thursday, April 24<sup>th</sup> from 5:00 p.m. to 6:00 p.m. in The Donald Led Duke Senior Center Pavilion on the King Thiel Senior Campus, 11 Elks Lane, Latham for a concert to celebrate Jazz Appreciation Month featuring the Teresa Broadwell Band, a violin/guitar/bass trio.

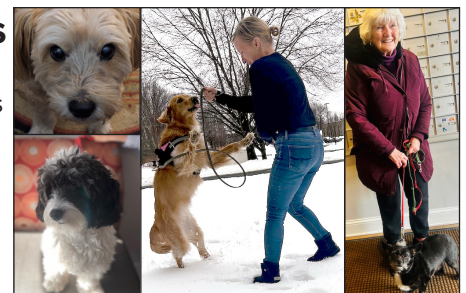
The Teresa Broadwell Band performs – music inspired by the jazz of Nat King Cole. Teresa collaborates with a core of master musicians that share her dedication to jazz, swing fiddle and vocalese to present a repertoire chocked full of the best standards, swing, bop, and unique jazz gems.

Thank you to the Jim Clark Community Performance Fund, Local 14, for underwriting this concert to recognize and celebrate the extraordinary heritage and history of jazz.

Refreshments will be available for purchase. For additional information, please call Diane at 518-459-2857 ext. 305.

## We Love Pets

CSSC encourages and supports seniors in having pets, recognizing the vital role they play in preventing isolation and loneliness.



## Thank you from the Bottom of our Hearts!

Thank you to Rivers Casino & Resort and their customer base for choosing Colonie Senior Service Centers as their nonprofit of the month under their program "Donations Make a Difference". Their generous donation of \$7,393.79 is being applied towards our Transportation Services. The demand for safe, reliable, affordable transportation has skyrocketed and since we do not have a required fee to ride but simply ask for a small donation, wonderful community partners such as Rivers allow us to continue to drive seniors throughout the Capital Region.



## Mark Your Calendar – Back-to-Back Concerts being Offered by CSSC



Grab your dancing shoes. Join CSSC on **Tuesday, March 11<sup>th</sup>**, at The Beltrone Living Center for the South Colonie Friends of Music Dance Band led by band manager Don Martin. The 18-piece group plays Big Band music from the 40s, 50s and 60s. Doors open at 5:30 p.m., music begins at 6:30 p.m., Concert is FREE and open to the public. Refreshments will be available.

Join CSSC on **Wednesday, March 12<sup>th</sup>**, for a Spring Mendelssohn Club of Albany Concert at The Beltrone Living Center. Since its inception in 1909, this male chorus has become the longest continuously performing arts group in the Capital District and 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, and social gatherings. Doors open at 4:30 p.m., music begins at 5:30 p.m. Concert is FREE and open to the public. Refreshments will be available.

## Special Dinner and a Show to Support Local Theater

We are once again invited to a special showing of Colonie Central High School's Annual Musical. This spring's show is Mary Poppins! There will be singing, there will be dancing, there will be dinner. While the theater department entertains you, other students will serve you. The evening's dinner will feature baked ziti, salad, a roll, and dessert.

Transportation is available.

**What:** Mary Poppins and dinner

**When:** Wednesday, March 12<sup>th</sup>, from 5:00 p.m. to 9:00 p.m.

This event is free and registration is required by March 6<sup>th</sup>. Please call Isabella at 518-459-2857 ext. 327 to register.



## Happy 40<sup>th</sup> Birthday Bright Horizons!

CSSC's Bright Horizons Social Adult Day Program originally opened its doors on February 25, 1985 to support those seniors who need a supportive environment during the day. For forty years, the program has provided caregivers with a much-needed break while ensuring that their loved one enjoys a safe, engaging, and supportive environment. Currently, Bright Horizons offers two locations:

- The Beltrone Living Center, 6 Winners Circle, Albany
- King Thiel II Senior Community, 11 Elks Lane, Latham

If you have a loved one who might benefit by becoming a member of Bright Horizons, please call Sue Napierski, Bright Horizons Director, at 518-459-2857 ext. 322.

## Lots of Learning Taking Place at Bright Horizons

CSSC's Bright Horizons has had a long history of providing internships opportunities for area college students. Over the years, we have hosted students from Maria College's Occupational Therapy Assistant Program, Siena College's Social Work Program, Hudson Valley Community College's Health Services Administration Program, and UAlbany's Social Work Program.

In this current academic year, we have five (5) college students from three area institutions. Theresa is from Siena and will be in Bright Horizons for the entire academic year completing 400 hours of service. Rian and Caroline are from UAlbany learning about Dementia and how to interact with individuals who are exhibiting cognitive issues by listening to the stories of our senior members and engaging them in individual interactive conversations focused on the senior's lives thus creating new memories. Alex and Jo-Ann are students from Maria College, and they are engaging our seniors in various activities that help their minds and bodies including parachute pandemonium, balloon baseball, and the tie dyeing of shirts.

Internships are the "steppingstones" for students to build their career path, and we know the experience they acquire at Bright Horizons will be invaluable.







## Nancy Keelen, CSSC's April Artist of the Month



### Artist Bio

Nancy grew up in Colonie and is a lifelong resident of the Capital District. Her education in art started at South Colonie Central High

School and has grown throughout the years as she attended both College as well as Continuing Adult Education classes. She enjoys painting in both watercolors and acrylics especially of horses, pets, Upstate NY, and places she has had the opportunity to travel to such as Ireland.

CSSC will host an artist reception for Nancy on Thursday, April 10<sup>th</sup>, from 4:00 p.m. to 5:00 p.m. in the lobby of The Beltrone Living Center. The event is free and refreshments will be served.



## An Incredible Volunteer Opportunity

Looking for a new way to give back to local seniors? Why not volunteer for the English as a Second Language (ESL) class hosted at The Beltrone Living Center on Tuesdays and Thursdays from 10:00 a.m. to 12:00 noon. Adults from all over the world come to ESL twice a week to learn conversational English language skills, and American culture emersion. The class is led by dedicated and kind volunteers. Each student has a personal goal that ESL Volunteer Teachers try to best support and guide the students towards. Our Volunteer Teachers work in small groups assisting students based on their learning goals. Classes are filled with reading, writing, and cultural discussion to help our students become comfortable with American Culture. Class is followed by lunch where students and teachers continue to enjoy good company and share stories about cultural similarities and differences. Become a part of something great!

### ESL Volunteer Duties:

- Create a supportive and inclusive learning environment for students.
- Assist with providing or creating a "curriculum" for students to work on during class.
- Be able to commit to at least one day a week helping in the classroom.

For additional information or to volunteer, please call Christine, Director of RSVP and Volunteer Services, at 518-459-2857 ext. 308.



## 2025 Albany St. Patrick's Day Parade – Saturday, March 15, 2025

The Albany St. Patrick's Day Parade is an annual tradition that attracts thousands of spectators who come to watch as the parade travels throughout the city. Interested in being in this year's Albany St. Patrick's Day Parade on Saturday, March 15, 2025? CSSC will have two (2) CSSC buses riding in the parade and we are looking for fun, friendly and green-wearing seniors to ride in our buses along the parade route, smiling and waving to the parade goers. Buses will leave The Beltrone Living Center at 12:00 noon. The parade will start at 2:00 p.m. If you are interested, please call Diane at 518-459-2857 ext. 305.

## Thank You to Our Warmth of Winter Sponsors!




## Defensive Driving Classes

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

- **Thursday, March 6, 2025, from 9:00 a.m. to 3:30 p.m.**
- **Saturday, March 29, 2025, from 9:00 a.m. to 3:30 p.m.**
- **Tuesday, April 8, 2025 from 9:00 a.m. to 3:30 p.m.**
- **Thursday, April 24, 2025 from 9:00 a.m. to 3:30 p.m.**
- **Tuesday, May 13, 2025 from 9:00 a.m. to 3:30 p.m.**
- **Thursday, May 22, 2025 from 9:00 a.m. to 3:30 p.m.**
- **Tuesday, June 10, 2025 from 9:00 a.m. to 3:30 p.m.**
- **Tuesday, June 17, and Wednesday, June 18, 2025. This is a split class 5:30 p.m. – 8:30 p.m. both nights (must attend both sessions).**

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, March 13<sup>th</sup> 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.**

## CSSC Celebrates Valentine's Day

While its historical roots date back to ancient Rome, Valentine's Day has evolved into a global celebration of romance, with traditions such as exchanging cards, flowers (especially roses), chocolates, and gifts. While often focused on romantic relationships, many use the day to express love and gratitude towards friends and family 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, March 21<sup>st</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.



## Mark Your Calendar for the 27<sup>th</sup> Annual Mother's Day Fashion Show and Luncheon



Camille Hoheb, CSSC Board Member and Fashion Show Chair

Blooming flowers, chirping birds, longer daylight hours, and warmer temperatures are timeless hallmarks of spring. The anticipated atmosphere of the spring season is a sure indication the planning of CSSC's Annual Mother's Day Fashion Show and Luncheon is well under way. So, mark your calendar. This year's Mother's Day Fashion Show and Luncheon, with CSSC Board Member Camille Hoheb as Chair, is scheduled to take place on Friday, May 9<sup>th</sup>, from 11:30 a.m. to 1:30 p.m., in the Lakeview Room at The Beltrone Living Center, 6 Winners Circle, Albany. For 27 years, Colonie Senior Service Centers, Inc. has honored and recognized our grandmothers, moms and daughters at this entertaining annual event. In addition to honoring the beloved women in our lives, we also raise funds through corporate sponsors, honorary committee and community tickets sales that help fund our Transportation Services Department that has been transporting seniors since 1984. Your donation will be put into action each and every day as we transport seniors to their medical appointments, shopping outings, volunteer opportunities in the community as well as social, cultural, life-long learning and religious events. More information on sponsoring, becoming a member of the honorary committee or purchasing tickets will be available on our website at [www.colonieseniors.org](http://www.colonieseniors.org).



# 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 to RSVP and CANCEL by 12:00 p.m. Business Day Before.

**Lunch & Learn Tuesday, March 4<sup>th</sup> at 12:00 p.m.:** Come hear from Zack Ashcraft and his team from SPAC (Saratoga Performing Arts Center) about their upcoming spring and summer season and enjoy a Goulash luncheon. Please be sure to place a RSVP by 3/3 by 12:00 p.m.

**Special Lunch Friday, March 7<sup>th</sup> at 12:00 p.m.:** Come enjoy the Irish tunes of a Beltrone favorite performer, Don Kelly. Lunch is Bacon, Shrimp + Corn Chowder and ½ Turkey Sandwich. Please be sure to place a RSVP by 3/6 by 12:00 p.m.

## March 2025 Menu Menu items are subject to change

<b>3/3</b> Meatloaf	<b>3/17</b> Lunch – Meat Lasagna
<b>3/4</b> Lunch & Learn – Goulash	<b>3/17</b> Special Dinner – Corned Beef & Cabbage
<b>3/5</b> Shrimp Scampi	<b>3/18</b> Seafood Mac & Cheese
<b>3/6</b> Grilled Chicken w/Pineapple Salsa	<b>3/19</b> Chicken Marsala
<b>3/7</b> Special Lunch – Bacon, Shrimp + Corn Chowder & ½ Turkey Sand.	<b>3/20</b> Chicken Parmesan
<b>3/10</b> Beef Tips over Egg Noodles	<b>3/21</b> Pasta Fagioli w/Sausage
<b>3/11</b> Chicken Piccata	<b>3/24</b> Cream of Potato Soup & ½ Turkey Sand.
<b>3/12</b> Garlic, Ricotta & Broccoli Pizza	<b>3/25</b> Chicken Broccoli Alfredo
<b>3/13</b> Honey Mustard Chicken	<b>3/26</b> Oregano Lemon Chicken
<b>3/14</b> Baked Ziti	<b>3/27</b> Oven Fried Fish Sandwich
	<b>3/28</b> Swedish Meatballs over Egg Noodles
	<b>3/31</b> Mushroom, Spinach + Cheese Quiche

**Special Dinner Monday March 17<sup>th</sup> at 5:00 p.m.:** Come enjoy a Corned Beef & Cabbage dinner, and guitar & vocal tunes by “REDKING” duo. Please be sure to place a RSVP by Friday 3/14 by 12:00 p.m.

# Donations in Action – Through CSSC seniors are active!

1. Chili Cook Off was a blast!
2. Celebrating the photography of Scott Stoner and Denise Hackert-Stoner at their artist reception.
3. CSSC's International Diners' Club celebrating Chinese New Year.
4. Yet another wonderful entertainer, Holly Beltran, sharing her talents at a community lunch.
5. Learning to prepare Caribbean food at a cooking demonstration.
6. CSSC's International Diners Club does Mexican.
7. KTSC II residents showing off their wears during National Flannel Day festivities.
8. The CENTER at CSSC offering an incredible variety of activities to beat the winter blues. There is something for everyone.



## 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  
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### Senior Dining

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### Transportation Services

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To Schedule a Ride: 518-459-6064

### Umbrella of Colonie

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518-459-2857, ext. 311

### The Beltrone Living Center

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518-459-2711

### King Thiel Senior Community and Sheehy Manor

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

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

Anonymous

Helen Franklin

Lisa Kindt In Memory of  
Henry and Eulalie Kindt

Peter Millock

Steve Muth

Paul Tonko

Patricia Vautrin for  
Transportation

Donations received from 1/13/2024 to 2/13/2024



## 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.

Meals are \$6. Soups are \$3.  
Available Monday through Friday  
9:00 a.m. – 3:00 p.m. at  
The Beltrone Living Center,  
King Thiel Senior Community,  
and King Thiel II  
Senior Community.



## A Taste of Ireland – Community Drive Thru

On Tuesday, March 11, 2025, Colonie Senior Service Centers will be working with Mazzone Hospitality to create an authentic to-go meal entitled "A Taste of Ireland." The dinner meal will include Potato Leek Soup, Irish Soda Bread, Corned Beef, Potatoes, Cabbage, Carrots, and Chocolate Guinness cake with Irish Cream Icing. Meals may be picked up at The Beltrone Living Center, 6 Winners Circle, Albany, between 4:00 p.m. and 5:00 p.m. For those who cannot drive to The Beltrone, CSSC will make home deliveries within a small radius of 6 Winners Circle. The cost for the meal is \$19. To make a reservation, please call Madelyn at 518-459-2857, ext. 340.