



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

SENIOR CONNECTIONS

August 2025 | Volume 39, Edition 8

Celebrating One Year of Community, Stability, and Hope

August marks the one-year anniversary of the opening of King Thiel II Senior Community, our 99-unit affordable, independent senior community — a place designed not only to provide, safe, stable housing for older adults 55+, but also to foster connection, dignity, and well-being.

Over the past year, this vibrant community has become more than just a place to live. It has become a sanctuary of support, where neighbors look out for each other, volunteers and staff work together, and residents enjoy programs, resources, and friendships that enrich daily life.

In an era when housing insecurity and social isolation affect so many older adults, KTSC II stands as a testament to what is possible when compassion, planning, and purpose come together.

As we look back on this first year, we are filled with gratitude — for our residents, staff, volunteers, and all who made this a reality. Here's to continued growth and the promise of many more years ahead.



518.459.2857 | www.colonieseniors.org | info@colonieseniors.org | Connect with us:

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 August!



August 7
Happy 97th Birthday
Grandma Carm

August 15
Happy 33rd Birthday Catherine

August 26
Happy 27th Birthday Louis

Be Hungry and Humble

To be hungry: stay driven, live with passion, work hard, and be sincerely purposeful in your intentions.

To be humble: stay grounded, learn from others, improve every day, and give of yourself.

It is about balancing ambition with gratitude, and confidence with humility. Life's goodness is often a mix of effort, grace, and timing. Things are perfect, not because they have to be, but because we recognize how fortunate we are.

As the twins grow, Joe and I are in awe – of their wonder, the curiosity, their strength, their willingness to try and to trust, and the absolute joy they bring into our lives. Their “happy place” seems to be water whether it is in the tub or in the pool, they turn into happy, little, water guppies.

Sunshine, splashes and smiles, it is childhood at its best. Now at eight months, the twins are our daily reminder that life is full of discovery – in laughter, in learning, in love. They have taught us to pause and appreciate discovery and new beginnings. They have helped us rediscover joy in the little things and the gift of seeing life through fresh eyes.

It serves as a reminder of the impact CSSC has on the thousands of seniors we serve. Through our many offered programs and services, there are moments of connection. Rediscovering joy in new friendships, a shared meal, an outing, group activities, sharing stories and in staying engaged with the world around us. From the



youngest to the wisest, we all thrive when we are given the chance to connect, belong, and continue discovering what life has to offer.

We hope to see you at an upcoming class, lunch, outing, concert, and/or event.

Enjoy the sunshine and warm weather!

Kindest Regards,
– Diane

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

August's Outing — Indonesian Anyone?



Join Diane and Scott on Tuesday, August 19th at 4:00 p.m. (buses will leave BLC and KTSC at 3:30 p.m.) as we celebrate all things Indonesian (with a touch of American fare)

at Yono's/DP's located at 25 Chapel Street in Albany. The restaurant features Chef Yono Purnomo's signature blend of contemporary American cuisine with Indonesian influence utilizing seasonal, farm fresh ingredients from Upstate New York and beyond. Although Yono has retired and the business is now in the hands of his son Dominick, Chef Yono will be on hand to welcome our group. Join us on a culinary journey that celebrates the rich flavors and traditions of the Southeast Asian region of the world.

The meal cost is \$35, which will include three entrée choices, dessert, and beverage. Transportation is 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.



Dominick Purnomo, Ian O'Leary, and Gabriella O'Neil





August's Cooking Demonstration

Vegetarian Orzo Bake Anyone?

Baked vegetarian orzo bake feels so special! It's rich and delicious with pops of juicy sweet perfection all the way through. It is a gem of a recipe that is brought together with lots of simple yet vibrant flavor and texture. Such a treat!

Join us on Tuesday, August 5th from 11:00 a.m. to 12:00 noon when Chef David Gaul will demonstrate how to make scrumptious vegetarian orzo bake. With a culinary degree and currently Director of Dining Services for Russell Sage College, David has spent the last 38 years in food service.

The class will take place at King Thiel II Senior Community, 11 Elks Lane, Latham, for 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.

Free Bluegrass Concert at The Beltrone Living Center

Please join us on Tuesday, August 26th at 5:00 p.m. in the Lakeview Dining Room at The Beltrone Living Center for a performance by Midnight Choir.

Bluegrass endures because of bands like Midnight Choir that see limitless possibilities in the blending of mandolin, guitar, bass, and voice. The twang and tenderness of the southern mountains whispers through the melodies of this new collection of original songs by upstate New York's Midnight Choir. Introducing melodic and playing techniques drawn from jazz, classical and global traditions. This brilliantly arranged string band music stands out like a cool island in a sea of bluegrass that sometimes gets overheated.

Reservations are not required, and admission is free. Doors will open at 4:00 p.m., and food and beverage will be available for purchase. For questions or additional information, call Diane at 518-459-2857 ext. 305.

This performance was made available through the generosity of the Albany County Arts & Culture Grant Funding Program.



You're invited

Join us for a special check presentation ceremony honoring the generous support of NYS Assemblymember Phil Steck, who has secured funding to support senior transportation services in our community.

Date: Friday, August 8, 2025

Time: 10:30 a.m.

Location: The Beltrone Living Center,
6 Winners Circle, Albany

We are proud to recognize this investment in our seniors' wellbeing and independence. Come show your support, meet Assemblymember Steck, and celebrate this important milestone with CSSC and our community partners.

Light refreshments will be served. All are welcome. For more information, call 518-459-2857 ext. 305.



Do you or someone you know have difficulty cooking at home?

We are here to help. CSSC is offering nutritious frozen soups and meals for community members who may be recovering from illness, living alone, or simply unable to prepare their own food. Each meal is prepared with care and designed to provide comfort, nourishment, and peace of mind. Whether it is a warm bowl of soup or a hearty entrée, our goal is to ensure that no one goes without a wholesome meal.

Soups (\$3) and meals (\$6) are available for pickup Monday through Friday from 9:00 a.m. to 3:00 p.m. in the cafes at The Beltrone Living Center, King Thiel Senior Community, and King Thiel II Senior Community. For further information, please call 518-459-2857 ext. 340.





In Gratitude for Our Team

As a gesture of appreciation for the dedication and hard work of our employees, CSSC will be closing at 2:30 p.m. every Friday throughout the month of August.



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, August 14th 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.

Defensive Driving Classes

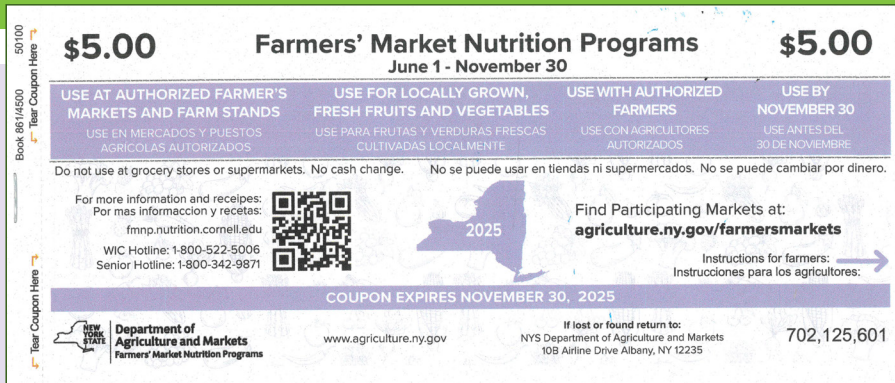
Richard Burt, CSSC's Driver Fitness Coordinator, will conduct Defensive Driving Classes on the following dates:

- **Monday, August 4, 2025**
from 9:00 a.m. to 3:30 p.m.
- **Tuesday, August 12, 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.



Farmers' Market Coupons Available

Annually, NYS Department of Agriculture and Markets makes available **FREE**

Farmers' Market Nutrition Program coupons in booklets worth **\$25**.

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

August's CSSC Community Drive Thru Dinner

Thursday, August 14th, pickup from 4:00 p.m. to 5:00 p.m.

Menu

- Gazpacho
- Saratoga Melon Salad
- BBQ Baby Back Ribs
- Mac & Cheese
- Roasted Brussell Sprouts
- Lemon Meringue Pie



This wonderful drive thru meals are available to anyone in the community. Reservations are required and the cost is \$19 per meal. 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.



Recap of Bright Horizons 2025 Picnic

The Bright Horizons Social Adult Day Program picnic was held on Friday, June 27, 2025, in the Lakeview Dining Rooms A & C from 12:00 noon – 2:00 p.m. for all Bright Horizons members, their families, and caregivers. Approximately 85 people attended. Bright Horizons staff and volunteers, along with Mazzone's staff, served hotdogs, hamburgers, an assortment of salads and ice cream treats to our attendees. We were very fortunate to have Mr. Paul Slusar, a "one man" multi-talented musician, as our entertainment for the event. Paul got everyone to move their feet and a good time was had by all! Thanks to everyone who supported this event for our seniors and their caregivers.

Mark Your Calendar

The Donald Led Duke Fall Concert Series now includes four FREE concerts on four consecutive Thursdays.

Thursday, September 4th, 5:00 p.m. to 6:00 p.m.
"Band of Gold" (oldies/pop from 50s, 60s, and beyond)

Thursday, September 11th, 5:00 p.m. to 6:00 p.m.
"Vocal Jazz Vanguard" (vocal jazz harmony group with both male and female singers)

Thursday, September 18th, 5:00 p.m. to 6:00 p.m.
"Triple Entendre & Guest" (cabaret/blues showtunes and fun blues with props and a little dancing)

Thursday, September 25th, 5:00 p.m. to 6:00 p.m.
"Bronte Roman Band" (Latin/pop)

This series is made possible with monies from the Albany Musicians Association's Jim Clark Community Performance Fund and Advance Albany County Alliance.

The pavilion is located at 11 Elks Lane, Latham on the King Thiel Senior Campus. Doors will open at 4:00 pm and food and beverages will be available for purchase.

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



Dominant 5 Brass Quintet

Wednesday, September 24th,
5:00 p.m. – 6:00 p.m.
South End Gazebo at
The Beltrone Living Center

This event is possible with the generous support from the Advance Albany County Alliance. Mazzone Hospitality will have dinner options available for purchase.



Fritz's Polka Band (FPB)

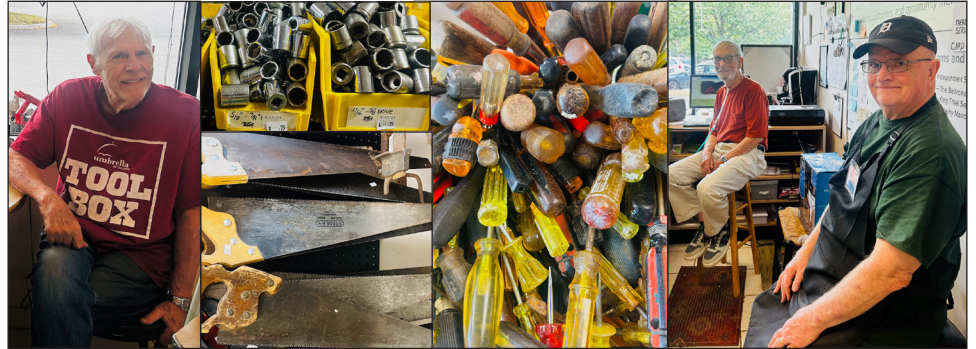
Friday, September 5th,
3:00 p.m. – 4:30 p.m.
The Beltrone Living Center Lakeview Room

This concert is made possible by the Local 14 of the American Federation of Musicians (AFM). Mazzone Hospitality will have dinner options available for purchase.

The Tool Box

CSSC's volunteer thrift store is built of camaraderie, compassion, and community. It is a place where giving back, helping others, and making a difference go hand-in-hand, one item, one smile, one act of kindness at a time.

Please call the Tool Box at 518-608-4758 to make a donation, inquire about current inventory, or to learn about volunteer opportunitiesaa.



ONCE at Cap Rep

Fall in love with the story of an Irish musician and a Czech immigrant who connect over their shared passion for music on the streets of Dublin. From the very first note, "Once" draws you in and never lets go. This emotionally captivating musical is the only show to have music that won an Academy Award®, a Grammy Award®, an Olivier Award, and a Tony Award®.

Wednesday, August 6th, Bus leaves from The Beltrone at 1:00 p.m. and returns at approximately 5:00 p.m.

\$80 for members, \$90 for not-yet-members

To make a reservation, please call Isabella at 518-704-4253.

A Blast from the Past

Sisters and CSSC residents, Barbara and Kim, were recently notified that a handwritten letter from April 1945 had been found in a book donated to the Cambridge Public Library. The eighty-year-old letter was authored by their late father and had been written to his mother while he was stationed in France serving in the United States Army Air Corps during World War II. The correspondence had been hidden in a 1904, first edition of The Complete Housekeeper by Emily Hoyt.



Thank you, Grazie, Merci, Danke...

Thank you to the Colonie Town Band for two wonderful performances over the last two months at two of our communities.



A HUGE shout out to Hannaford for their donation to CSSC through their HannaFORD Fight Hunger Bag Program.

Cheers to the Regional Food Bank for partnering with CSSC each and every month allowing us to host popup pantries at two of our communities which benefits hundreds of area seniors.



Thank you to NYS Assemblyman Phil Steck for securing a priority project grant of \$150,000 for CSSC in this year's New York State budget process.

Thank you, Mazzone Hospitality, for being such an incredible partner by allowing this organization to feed thousands of seniors throughout the year through our daily community lunch program, monthly drive thru dinners, and frozen soups and meals initiative.



Yeah for CSSC Board Member Chris McCabe from CM Fox Real Estate for his generous corporate donation.

Heartfelt gratitude to Equinox Companies and the Salvatore and Anna Beltrone Family Foundation for their generous support towards the replacement of our south end outdoor patio. Our seniors now have a beautiful, safe, and welcoming space to enjoy fresh air, and socialize.



The Salvatore R. and Anna E. Beltrone Family Foundation



Beltrone residents enjoying the new patio.



Pictured below is friend Joan, Jean, and Jean's son, Stephen.

CSSC was just gifted an incredible player piano with over 200 music roles by Jean from Wynantskill, NY.

Chefs in Motion

Monday, September 29, 2025

5:30 p.m. – 8:30 p.m.

Lakeview Room,
The Beltrone Living Center



Join us for our Chefs in Motion event, as local chefs compete using local produce and product to be the best chef in the Capital Region. Both Judges Choice

and People's Choice prizes are awarded. A collaboration between CSSC, the New York State Department of Agriculture and Markets, Cornell Cooperative Extension, and the Times Union to benefit CSSC's Transportation Services.

This year, our distinguished panel of judges for Chefs in Motion will include Chef Joan Dembinski, Chef Yono Purnomo, and New York State Department of Agriculture and Markets Commissioner Richard Ball (invited).



Rick Bedrosian,
Chefs in Motion
Honorary Chair



Chef Widjiono
"Yono" Purnomo



Chef Joan
Dembinski



Commissioner
Richard A. Ball



ST PETER'S HEALTH
PARTNERS
A Member of TriNet Health



Salvatore R. and Anna E. Beltrone Golf Classic

Monday, September 8, 2025

10:30 a.m. – 6:30 p.m.

Schuyler Meadows Club



Play a round of golf at one of the area's most exclusive courses while helping to serve the needs of seniors and their families. A fun filled day on the course, games, auction, and raffles help raise funds that benefit CSSC's Transportation Services.

Salvatore R. and Anna E.
Beltrone Family Foundation

BBL Construction Services



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.

Special Lunch Friday, 8/8 at 12 Noon: Come enjoy live music to be determined and enjoy a Mushroom, Spinach & Cheese Quiche lunch.

Lunch & Learn Tuesday, 8/12 at 12 Noon: Come learn about generational wealth building from Joe McDonald of Halliday Financial and a Apricot Beef Brisket lunch.

August 2025 Menu

Menu items are subject to change

8/1	Grilled Chicken w/Pineapple Salsa	8/18	Lunch – Cheese Manicotti
8/4	Seafood Mac & Cheese	8/18	Special Dinner – Apricot Beef Brisket
8/5	Chicken Parmesan	8/19	Oregano Lemon Chicken
8/6	Beef Tips w/Gravy over Egg Noodles	8/20	Baked Ham
8/7	Pulled Pork Sandwich	8/21	Salmon Cakes
8/8	Special Lunch – Mushroom, Spinach + Cheese Quiche	8/22	Chicken Broccoli Alfredo
8/11	BBQ Chicken Breast	8/25	Chicken Piccata
8/12	Lunch & Learn – Apricot Beef Brisket	8/26	Shrimp Scampi
8/13	Swedish Meatballs	8/27	Goulash
8/14	Eggplant Parmesan	8/28	Cornflake Chicken
8/15	Chicken Marsala	8/29	Oven Fried Fish Sandwich

Special Dinner Monday, 8/18 at 5 p.m.: Come enjoy a returning hit, Brian Zapel's guitar and vocal tunes. Brian plays all your favorites from the 50's, 60's and 70's.

Donations in Action – The Exponential Power of Seniors



- 1 CSSC lunches are such a blast.

2 Enjoying a pizza party at Sheehy Manor.

3 Old neighbors run into one another at a CSSC concert.

4 And the winners of our Christmas in July raffle are...

5 Thank you Colonie Town Band.
- 6 Enjoying a Pruy House Concert.

7 ACOFA SAGE event.

8 Luncheon with great smiles and great music.

9 Hooray for drive thru meals!

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

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6 Winners Circle
Albany, NY 12205

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ORGANIZATION
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Albany, N.Y.
Permit No. 74

Welcome

Select Rehabilitation opened an office at The Beltrone Living Center on July 1, 2025. Select Rehab was founded in 1998 and is located in 46 States and Washington, D.C. and offers Physical, Occupational, and Speech Therapy.



With Heartfelt Gratitude to All Our Incredible Volunteer Gardeners

Your hands have planted more than flowers and vegetables. You have sown joy, beauty, and connection in CSSC's senior communities. Thanks to your care and dedication, our spaces bloom with life and love. Every blossom is a reminder of your dedication and generosity, and every garden bed and planter you tend, brings comfort and pride to those who call our four independent senior communities home.

