

More Than a Meal: Connection Through Senior Dining

There's something special about sharing a meal that turns food into more than sustenance — it becomes conversation, laughter, and connection. For many older adults, a shared lunch can become the highlight of the day. Each weekday, Colonie Senior Service Centers, serves over 100 seniors, offering not only nutritious meals, but a welcoming space where friendships grow and familiar faces gather around the table. It's a place where seniors can enjoy a warm meal, catch up with others, and feel part of a community.

Preventing Isolation, One Meal at a Time

The purpose of congregate dining goes far beyond the plate. As we age, our circles often get smaller. Family may live farther away, driving becomes harder, and the opportunities to "just get out" aren't as common as they once were.

Congregate dining helps prevent social isolation by giving seniors a reason to leave the house, connect with peers, and build relationships. This is especially important during the winter months, when many seniors become even more isolated due to weather, limited mobility, and fewer social outings.

Socialization Supports Health

The benefits of social connection are powerful. Regular socialization has been shown to:

- Reduce loneliness and depression
- Improve heart health
- Support memory and cognitive health
- Lower stress levels

Boost overall emotional well-being

And there's another important link: when someone feels lonely, they may lose their appetite, skip meals, or stop cooking for themselves. Social isolation can lead to nutritional risk, but a friendly dining environment can encourage healthy eating and improved daily routines.

Help Someone You Know Get Connected

If you know someone who could benefit from getting out, meeting others, and enjoying a nutritious meal in a warm setting, encourage them to give us a call. Our congregate meal programs are funded in part by Albany County and the Office for the Aging, helping ensure that older adults in our community have access to meals, support, and connection. At CSSC, a meal is never just a meal, it's community.

To Register for Senior Dining

Call Liz Hatlee, Senior Dining Director at 518-459-2857, ext. 303

Interested in being a RSVP Dining Volunteer

Call Christine Tremblay, AmeriCorps/RSVP and Volunteers Director at 518-459-2857, ext. 308 or email ctremblay@colonieseniors.org

"Going into my fourth year taking care of the Congregate lunch program, I am happy to see the number of diners rapidly increasing! People are inviting their friends and neighbors to come and enjoy a nutritious meal and conversation"
– Liz Hatlee, Senior Dining Director

"It's the best place in town to have lunch"
– Ed Hahn

"This program makes retirement better"
– Chris Quatrone

"Senior Dining at the Beltrone is a delicious blessing"
– Chrissy Homer

"My husband and I do not live here but come quite often. The food is delicious and the staff & volunteers are great! We enjoy our conversations with other diners and have become quite close with several"
– Penny Landgraf



(from Left to Right) Gloria, RSVP Dining Volunteer, Liz Hatlee, CSSC Senior Dining Director, Deb, RSVP Dining Volunteer, and Grace, RSVP Dining Volunteer,

Message from the Executive Director

Don't miss the Community Drive Thru Dinner on Thursday, March 12, 2026

As we head into March, I want to take a moment to reintroduce myself and share how grateful I am to be settling into my role as Executive Director of Colonie Senior Service Centers.

I can hardly believe I'm already heading into my third month as Executive Director. These first weeks have gone by quickly, and I'm grateful for the warm welcome I've received from so many residents and staff members along the way. I've had the pleasure of attending different welcome events at each of our buildings, and I truly



enjoyed meeting so many of you. Thank you for the friendly conversations, the thoughtful questions, and the kindness you've shown me. This has meant a great deal to me.

As I continue settling in, I want you to know that I'm spending my first few months doing something very important: listening.

My goal right now is to learn as much as I can—about what you enjoy most, what programs make you feel connected, and what you'd like to see more of in the future. I'm working to meet with staff and volunteers to better understand the work happening behind the scenes each day to keep our centers running smoothly. It has been inspiring to see the dedication and care that goes into everything we do.

In the coming weeks, I also have a few resident meetings scheduled, and I'm looking forward to those conversations. I truly value your input, and I want residents to feel comfortable sharing ideas, suggestions, and even concerns. Your voices matter, and I believe the best communities are built when everyone feels heard.

While I'm still in the "learning" stage, I'm excited about the future and the possibilities ahead. My commitment is simple: to support a welcoming, active, and connected environment where everyone feels like they belong.

Thank you again for making me feel so at home. I look forward to meeting more of you soon and continuing this journey together.

– Noelle Schmidt, CSSC Executive Director

FREE Tax Filing at The Beltrone

Thursday, April 3, 2026
The Beltrone Living Center

IRS-certified volunteers will be at The Beltrone Living Center one day only to offer **FREE** tax filing to households earning less than \$69,000 annually.

Sign up with Kelsie Torello, 518-459-2711, ext. 319.

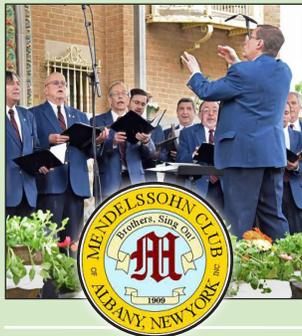


Other sites can be found here!
GETFREETAXPREP.ORG



All prepared tax returns will be submitted on the day of preparation, Thursday, April 2, 2026.

MARK YOUR CALENDAR



Mendelssohn Club Concert

On Wednesday, March 11th at 5:30 p.m. at The Beltrone Living Center

Colonie Senior Service Centers will be holding a spring concert with the Mendelssohn Club of Albany at The Beltrone Living Center.

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

St. Patrick's Day Party

On March 17th from 2:30 p.m. to 3:30 p.m. at The Beltrone Living Center
 Music by the Kit McPetit Duo! Concert is free and open to the public. Refreshments will be provided. **Wear your Green!**



Free Jazz Concert

On April 30th from 5:00 p.m. to 6:00 p.m. at King Thiel Campus Donald Led Duke Pavillion

Jazz concert funded by the Music Performance Trust Fund is free and open to the public. Drinks and light refreshments will be provided.



Defensive Driving Classes



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

Class at King Thiel Senior Community, 17 Elks Lane, Latham, NY.

- **Tuesday, March 3, 2026** from 9:00 a.m. to noon (Part 1) and **Thursday, March 5, 2026** from 9:00 a.m. to noon (Part 2). This is a split class. Must attend both sessions to receive certification.

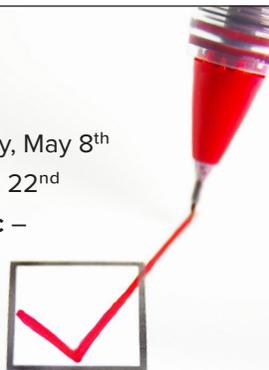
Classes at The Beltrone Living Center, 6 Winners Circle, Albany, NY.

- **Monday, March 9, 2026** from 9:00 a.m. to 3:30 p.m.
- **Tuesday, April 7, 2026** from 9:00 a.m. to 3:30 p.m.
- **Monday, April 13, 2026** from 9:00 a.m. to 3:30 p.m.

Cost is credit \$25.75; cash \$25, due before day of class. To reserve your seat, call 518-459-2857, ext. 340.

What's Ahead in 2026 – Mark Your Calendar

- ✓ **Mother's Day Fashion Show and Luncheon** – Friday, May 8th
- ✓ **Summerfest and Active Aging Fair** – Monday, June 22nd
- ✓ **The Salvatore R. and Anna E. Beltrone Golf Classic** – Monday, September 14th
- ✓ **Annual Chefs in Motion** – Monday, September 28th
- ✓ **Bootin', Scootin' Fallallapalooza** – Thursday, October 22th



Thank You!

Thank you Rivers Casino & Resort Schenectady for adopting Colonie Senior Service Centers, Inc. for their December charity! Executive Director Noelle Schmidt and Director of Operations, Carol Ripley were invited to the January 30th check presentation at Rivers Casino & Resort in Schenectady.



As Seen on TV! Warmth of Winter in the News



Thank you to WRGB CBS 6 News, Albany and Craig Adams CBS6 for the chance to spread the word about our 21st Annual Warmth of Winter Wine and Craft Beer tasting that was held in February! Executive Director, Noelle Schmidt traveled to the CBS6 studios in Schenectady for the 6am live interview!

Spectrum News 1 Spotlights CSSC Senior Transportation Services

Colonie Senior Service Centers (CSSC) was recently featured on Spectrum News 1, as Multimedia Journalist Noah Love visited The Beltrone Living Center to shine a light on our senior transportation services and the vital role they play in the lives of older adults.

Noah was inspired to pursue this human interest story after witnessing firsthand how limited access to transportation affected his own family. Seeing the challenges they faced in getting to medical appointments, grocery stores, and community activities sparked his interest in highlighting programs that make a difference. That search led him to CSSC.

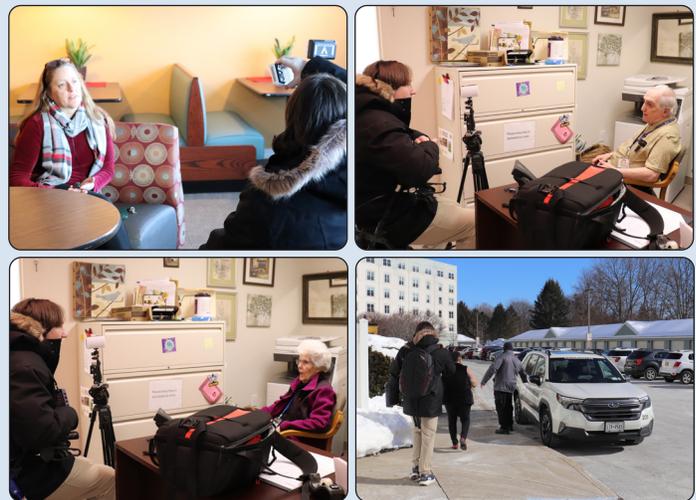
During his visit to The Beltrone Living Center, Noah set up interviews and captured video footage that brought our transportation program to life. He spoke with Executive Director Noelle Schmidt about the growing need for reliable, affordable transportation for seniors in our community. Noelle emphasized that transportation is often the key to independence for older adults—connecting them not only to healthcare, but also to social engagement, nutrition programs, and other essential services.

Beltrone resident Jeanette Hill shared how access to transportation has impacted her daily life. For many residents, the ability to safely and dependably travel to appointments and activities means maintaining autonomy and staying active. Jeanette’s perspective underscored how something as simple as a ride can make an extraordinary difference.

Transportation driver Richard Burt, offered insight into what it means to serve seniors beyond simply getting them from point A to point B. Our drivers build relationships with the individuals they transport, providing friendly conversation, a helping hand, and peace of mind for families. Richard’s dedication reflects the compassion and care that define our transportation team.

The story also highlights participants from our Bright Horizons Adult Day Program, including George C. and Betsy L., illustrating how transportation services make it possible for individuals to attend enriching programs that support their health, socialization, and overall well-being. Without accessible transportation, many participants would face isolation at home.

Transportation barriers remain one of the most significant challenges for older adults, particularly in suburban and rural areas where public transit options are limited. By featuring CSSC’s transportation services, Spectrum News 1 is helping raise awareness about this critical issue and the community-based solutions that are making a tangible impact.



Pine Bush Perspectives Artists, CSSC’s March Artist of the Month



Pine Bush Perspectives Traveling Exhibit is a temporary photo exhibition, curated by the Friends of the Pine Bush Community, that offers a window on the world of diverse flora and fauna of the Albany Pine Bush Preserve through the special lens of community photographers. The photographs are selected from previous Pine Bush Perspectives exhibitions.

CSSC will host a reception for Pine Bush Perspectives Artists on Wednesday, March 4th, 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.



Tickets go on sale Wednesday, April 1st

28th Annual
Mother's Day Fashion Show and Luncheon

Friday, May 8, 2026
at The Beltrone Living Center
Lakeview Room

Mark your calendar. This year's Mother's Day Fashion Show and Luncheon, is scheduled to take place on Friday, May 8th, from 11:30 a.m. to 1:30 p.m., in the Lakeview Room at The Beltrone Living Center, 6 Winners Circle, Albany. For 28 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.

Visit our website at www.colonieseniors.org. for more information on sponsoring or becoming a member of the honorary committee.

Share Your Hobby/Skill!

The Bright Horizons Adult Day Social Program continues its commitment to enriching the lives of individuals diagnosed with dementia through creative, engaging and cognitively supportive activities. As part of this mission the program is expanding its offerings, inviting community members to contribute their unique talents.

At Bright Horizons, participants enjoy a broad range of experiences, from music and sports to storytelling, art, theater, drumming, history and more. These activities not only stimulate the mind, but also foster connection, joy and meaningful moments throughout the day.

To further enhance the program, Bright Horizons is seeking volunteers who are willing to share a special skill, hobby or personal passion. You don't need professional experience, just enthusiasm and a desire to make a difference. Whether you play an instrument, paint, dance,



love animals, or enjoy performing your involvement can bring inspiration and new memories to our seniors. Together, we can continue to build a community where seniors feel valued, and supported-one creative moment at a time.

Please contact Sue Napierski, Director of Bright Horizons at (518) 459-7967 or snapierski@colonieseniors.org.

Join us in enriching the lives of seniors and celebrating the joy of shared activities.

New York Folklore Gallery



Folklore is a way of sharing and communicating heritage. Every group of people with a common identity uses folklore to share that identity with others. Folklore is so diverse, but extremely common in its purpose!

Visit the New York Folklore Gallery and check out the exhibit on display, *No Matter Eastern Or Western: Abstract Expressionism of Lunar Five Elements* which utilizes the five lunar elements: wood, fire, earth metal and water by Xiaoping Xu. [Standing, Walking]

Tuesday, March 10th, bus leaves The Beltrone at 11:15 a.m. and returns at approximately 3:00 p.m.

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|------------------------------|----------------------|
| Not-Yet-Member Price: | Member Price: |
| • Credit: \$20.60 | • Credit: \$10.30 |
| • Cash/Check: \$20 | • Cash/Check: \$10 |

Call Caitlyn Kelly, 518-459-2857, ext. 327 to sign up.



WMHT Filming: Aging Together In New York, End of Life Planning

Be a part of WMHT's Aging Together in NY TV filming! We are invited to join this special edition of the long-running WMHT show as part of the town hall audience. The discussion will be between medical providers, legal experts, and specialists in hospice and palliative care. Refreshments will be available.

Tuesday, March 17th, bus leaves The Beltrone at 8:30 a.m., returns 12:00 p.m.

The cost of the trip is \$10 (cash/check); \$10.30 (credit) Call Caitlyn Kelly, 518-459-2857, ext. 327 to sign up.



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 20th 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.



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 12th 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 to be extended to all involved. We do our best to ensure that everyone in attendance receives assistance. **Thank you.**



Colonie Senior Service Centers, Inc.

INTERNATIONAL WOMEN'S DAY

**Friday, March 6, 2026, from 2:30 p.m. to 3:30 p.m.
at The Beltrone Living Center, 6 Winners Circle, Albany, NY**

Initiated in the United States in 1909 and then globally in 1911, International Women's Day (IWD) is a day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality.

The event is **FREE** and is taking place in the Lakeview Room at The Beltrone Living Center, 6 Winners Circle, Albany.

The event will include art exhibits, live musical performances, lectures and vendor booths for area female entrepreneurs and nonprofit organizations.

International Women's Day 2026 theme is **'Give To Gain'**.

For questions or vendor booth information, please call (518) 459-2857 ext. 302.



A Taste of Ireland – Community Drive Thru

On Thursday, March 12, 2026, 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.

The cost for the meal is credit \$21.63, cash \$21. To make a reservation, please call Madelyn at 518-459-2857, ext. 340.

Congratulations TOOL BOX on \$50k

CSSC's Tool Box is a secondhand resale tool store that opened its doors in 2015. The Tool Box accepts gently-used tools to resell and all the proceeds benefit seniors in the community through the Umbrella of Colonie program. In February, the TOOL BOX achieved a significant milestone of fifty thousand dollars in sales since its inception.

To commemorate this occasion, a celebration was held on February 18th at The Beltrone Living Center.



Senior Dining Program

CSSC Congregate Meal Program March 2026

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, and participant contributions. Suggested participant contribution is \$3.00 for food, and \$3.00 for entertainment. Guests and those under 60 have a required \$11.00 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 businessday before.

Special Lunch Friday, March 6th at 11:45: Come enjoy lunch and a performance by “Irish” Don Kelly!

March 2026 Menu

Menu items are subject to change

3/2	Beef Tips	3/16	Lunch – Onion Soup & ½ Turkey Sand.
3/3	Seafood Mac & Cheese	3/16	Special Dinner – Corned Beef
3/4	Bacon, Shrimp + Corn Chowder & ½ Turkey Sand.	3/17	Spaghetti & Meatballs
3/5	Shepherds Pie	3/18	Cornflake Chicken
3/6	Special Lunch – Mushroom, Spinach & Cheese Quiche	3/19	Goulash
3/9	Chicken Caesar Salad	3/20	Salmon Cakes
3/10	Grilled Chicken w/Pineapple Salsa	3/23	Chicken Piccata
3/11	Italian Sausage, Peppers + Onion Sand.	3/24	Shrimp Scampi
3/12	Meatloaf	3/25	Chicken Parmesan
3/13	Cheese Manicotti	3/26	Pulled Pork Sand.
		3/27	Grilled Cheese + Tomato Soup
		3/30	Chicken Broccoli Alfredo
		3/31	Baked Ham

Special Dinner Monday, March 16th

at 5:00 P.M.: Come enjoy dinner accompanied by the beautiful vocals of Carmen Lookshire!

Be Sure to place a RSVP no walkins permitted.

CSSC seniors are active!

- 1 Visiting Lake Placid and the Olympic Museum, Ski Jump complex and rode the gondola.
- 2 Took a trip to Capital Cooks, where our very own Caroline (former CSSC Life Long Wellness Director) taught how to make eggplant parm.
- 3 Noelle taught a class on how to decorate a cake like a pro.
- 4 Trip to the Titanic: An Immersive Voyage at the Armory Studios, in Downtown Schenectady.
- 5 Trip to the Adirondack Barrel Cooperage and Murray's Fools Distilling Co., located in Glenville. Learned the art of barreling, and of course tasting all the delicious adult beverages.
- 6 Trip up north for a day full of snowshoeing and skiing at Lapland Lake.

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

Noelle Schmidt
nschmidt@colonieseniors.org
518-459-2857, ext. 302

Administrative Operations and HR

Carol Ripley, Director
cripley@colonieseniors.org
518-459-2857, ext. 310

Bright Horizons

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Colonie 518-459-7967

Facilities Manager

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518.459.2857, ext. 304

Finance

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akoenig@colonieseniors.org
518-459-2857, ext. 306

Lifelong Wellness

Caitlyn Kelly, Director
ckelly@colonieseniors.org
518-459-2857, ext. 327

AmeriCorps/RSVP and Volunteers

Christine Tremblay, Director
ctremblay@colonieseniors.org
518-459-2857, ext. 308

Senior Dining

Liz Hatlee, Director
lhatlee@colonieseniors.org
518-459-2857, ext. 303

Tool Box

Leonard G. St. Gelais, Coordinator
lstgelais@colonieseniors.org
518-608-4758

Transportation Services

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jkyme@colonieseniors.org
518-459-2857, ext. 301
To Schedule a Ride: 518-459-6064

The Beltrone Living Center

Jessica Flynn, Site Manager
jflynn@colonieseniors.org
518-459-2711

King Thiel Senior Community and Sheehy Manor

Rachel Hoyka, Site Manager
rhouyka@colonieseniors.org
King Thiel: 518-429-6292
Sheehy Manor: 518-782-2350

King Thiel II Senior Community

Janice Whitney, Site Manager
jwhitney@colonieseniors.org
518-704-4267

Media and Communications

Michael DiGiuseppe, Specialist
mdigiuseppe@colonieseniors.org
518-459-2857, ext. 337



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

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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 Café 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.

