



Finding Friendship, Purpose, and Joy

When Peter first walked through the doors of THE CENTER, he wasn't quite sure what to expect.

After losing his wife Beth, the days had grown quieter, and longer. Living alone was an adjustment, and while family checked in often, something was missing. It was Peter's brother who gently suggested he give THE CENTER a try.

At first, he just came to see what it was all about. Now, it's part of his routine.

Peter still misses Beth every day. But he'll tell you that coming to THE CENTER has given him something he didn't realize he needed, a reason to get out, something to look forward to, and a place where he feels comfortable again. He keeps a calendar at home, carefully marking the activities he plans to attend each week—exercise classes, group lunches, and a few favorite programs he never misses. "It gives me a reason to get up and go," he says.

And Peter's story is not unique. At Colonie Senior Service Centers, our Center program is more than just a place to stop in, it's a place to connect, learn, and truly feel at home.

What many people don't realize is that programs like ours are part of a much bigger idea, one that started decades ago with a simple question: What if learning and connection didn't stop as we get older?

Back in 1975, a program called Elderhostel (now known as Road Scholar) was created to give older adults the chance to keep learning, exploring, and meeting new people. Inspired by European travel programs, it brought people together for classes,

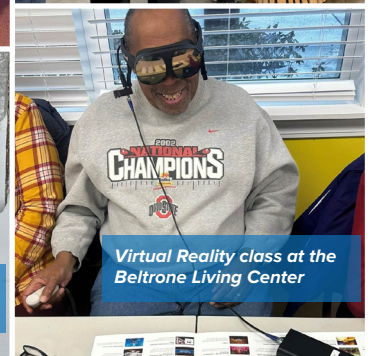
conversation, and shared experiences. It quickly grew into something much bigger, reaching across the country—and eventually around the world. That same spirit is alive right here at THE CENTER.

You don't have to travel far to experience the benefits of lifelong learning. Every day at THE CENTER, members take part in activities that keep both body and mind engaged, from fitness classes that support strength and balance to games, discussions, and creative programs that spark curiosity.

Ask anyone who comes regularly, and they'll tell you, the best part is the people. What starts as a visit for an activity often turns into meaningful friendships. Sharing a meal, a laugh, or even just a conversation can make all the difference in someone's day.

Our program is designed to help older adults stay independent and feel their best. With nutritious meals, wellness opportunities, and a supportive environment, members have access to resources that make everyday life a little easier, and a lot more enjoyable.

There's always something happening at THE CENTER. Whether it's a special



event, a guest speaker, or just your favorite weekly activity, each visit brings a sense of routine, purpose, and fun.

Come See for Yourself

What started as a global movement to keep older adults learning and connected has found a home right here in our community. If you or a loved one are looking for a welcoming place to stay active, meet new people, and enjoy each day a little more, we invite you to stop by and see what we're all about.

To become a member, contact our Lifelong Wellness Director, Caitlyn Kelly at 518-704-4253

View the current catalog at colonieseniors.org



28th Annual
**Mother's Day
Fashion Show
and Luncheon**
Friday, May 8, 2026
at The Beltrone Living Center
Lakeview Room

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 help fund our Transportation Services Department,

a program that has been transporting seniors since 1984. Your donation will be put into action each and every day as we transport seniors.

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Message from the Executive Director

As we move into April, we find ourselves navigating a season of change. Change can be challenging, it can disrupt routines, create uncertainty, and ask us to adapt in ways we may not have expected. But it also brings with it the opportunity for growth, renewal, and new connections. As one door closes, another opens, often leading us toward paths we may not have otherwise discovered.

Recently, changes to transportation have presented new challenges for our community. While transitions like these are never easy, I remain hopeful and confident in our ability to respond with creativity and resilience. We are actively working to build new community connections that will allow us to continue one of the most vital parts of our mission: helping seniors maintain their independence through access to safe, reliable transportation.

Transportation is about so much more than getting from point A to point B. It's about trust. It's about knowing that the person behind the wheel is not just a driver, but a member of your community, someone who understands, cares, and shows up with compassion. It's about the steady hand helping you up a step, the reassurance of being safely buckled in, and the comfort families feel knowing their loved one is in good hands, whether heading to a doctor's appointment, the grocery store, or simply out into the community.

In times of change, our commitment remains constant. We are here to support, to adapt, and to ensure that those we serve continue to feel safe, connected, and cared for.

Thank you for your support, for being part of this community and for moving forward with us.

– Noelle Schmidt, CSSC Executive Director



CSSC TRANSPORTATION UPDATES

- CSSC Transportation will continue essential rides for residents of the Beltrone Living Center, King Thiel, King Thiel II, and Sheehy Manor.
- CSSC Transportation will continue rides for Town of Colonie residents who are enrolled in our Bright Horizons Adult Day Program in Colonie and Latham.

Who To Call:

CSSC residents call CSSC Transportation Services at 518-459-6064.

Essential Rides for Seniors

Essential rides are offered through Access Transit Services for Albany County residents 60+ who do not own a car or have other means of transportation. Access provides local rides to adult day programs, doctor, pharmacy, congregate meals, and groceries. To schedule, call Monday – Friday, 8:00 a.m. – 5:00 p.m., at least 2 business days ahead, unless it's an emergency. Call Access at 518-437-5161.

Social Rides for Seniors

Albany County offers social rides for seniors 60+ with GoGoGrandparent, on-demand transportation within Albany County. To register, call 855-915-6601. To schedule a ride, call 855-464-6872.

The Town of Colonie offers GoGo Grandparent Colonie, non-essential rides within the Town of Colonie for senior residents 60+. To register, call 518-459-3977. To schedule a ride, call 855-688-3314.



Spring Blood Drive

Save a Life!



Thursday, May 14, 2026
12:00 PM – 05:00 PM



The Beltrone Living Center,
6 Winners Circle, Albany, NY 12205

Urgent Need for Blood Donations Fueled by Inclement Weather and Severe Respiratory Illness Season

According to the American Red Cross, every 2 seconds someone in the United States needs blood or platelets and just one donation can help save multiple lives. While all blood types are needed, the type most often requested by hospitals is type O. Universal donors are those with an O negative blood type, which can be given to patients of any blood type and is most commonly used in emergencies when the blood type of a patient is unknown.

Come to give blood on May 14th and get a **\$20 eGift Card**, thanks to Amazon! **See:** rcblood.org/Amazon

Sign up by calling Madelyn at 518-459-2857 ext. 340.

Defensive Driving Classes



Richard Burt, CSSC's Driver Fitness Coordinator, will conduct Defensive Driving Classes

on the following dates:

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

- **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.
- **Monday, May 4, 2026** from 9:00 a.m. to 3:30 p.m.
- **Monday, May 11, 2026** from 9:00 a.m. to noon (Part 1) and **Tuesday, May 12, 2026** from 9:00 a.m. to noon (Part 2). This is a split class. Must attend both sessions to receive certification.
- **Monday, June 1, 2026** from 5:00 p.m. to 8:00 p.m. (Part 1) and **Tuesday, June 2, 2026** from 5:00 p.m. to 8:00 p.m. (Part 2). This is a split class. Must attend both sessions to receive certification.
- **Monday, June 8, 2026** from 9:00 a.m. to noon (Part 1) and **Wednesday, June 10, 2026** from 9:00 a.m. to noon (Part 2). This is a split class. Must attend both sessions to receive certification.

Cost is credit \$25.75; cash \$25, due before day of class.

To reserve your seat, call 518-459-2857, ext. 340.

Pop-Up Spring Bingo

Monday, May 11, 2026
doors open at 4:00 p.m.
The Beltrone Living Center,
6 Winners Circle, Albany.

Pop-up Bingo is open to the Community Family and Friends over 18 years of age. Refreshments and raffles available for purchase (Prizes based on number of participants.).

Free Jazz Concerts

- On Monday, April 27th from 2:30 p.m. to 3:30 p.m. at The Beltrone Living Center Lakeview Room
- On Thursday, April 30th from 2:30 p.m. to 3:30 p.m. at King Thiel Campus Donald Led Duke Pavillion

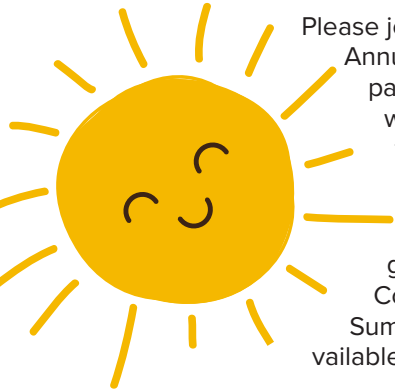
Jazz concert is free and open to the public. Drinks and light refreshments will be provided.

Jazz Concerts Funded By:

Let's Celebrate Summer!

Summerfest in June

Monday, June 22, 2026 from 2:00 p.m. – 5:00 p.m. on the campus of The Beltrone Living Center, 6 Winners Circle, Albany.



Please join Colonie Senior Service Centers, Inc. for their Annual Summerfest, a vibrant senior community block party open to the public! Summerfest is a fantastic way to kick off the beginning of the summer season featuring Live Music with **FREE Admission**.

Bring your lawn chair, dancing shoes and appetite.

Games and Live music under the south end pond gazebo. Entertainment to be announced.

Cotton Candy, popcorn and a bake sale.

Summertime themed food and beverage will be available for purchase by Mazzone Hospitality.

Active Aging Fair in July

Monday, July 13, 2026 from 2:00 p.m. – 5:00 p.m. on the campus of The Beltrone Living Center, 6 Winners Circle, Albany.

Don't miss, CSSC's Annual Active Aging Fair featuring 30+ vendors including healthcare providers, retail, law firms, area banks, community nonprofits, and more.



Create a Legacy

When someone enters their mature years, it often becomes important to live one's life in a manner that will preserve the essence of who they are in the areas that are important to them. In regards to legacy, an end-of-life bequest can be a lasting memory creating a positive effect on countless others in the future.

Colonie Senior Service Centers, Inc. is ever so grateful for supporters who choose to include CSSC in their will or trust. As a forty-two-year-old 501 (c) 3 independent nonprofit, we rely on many outside sources to allow us to continue popular programs and services such as transportation and educational programming. Naming CSSC in your will or living trust enables you to support us and retain complete control over the assets during your lifetime while earning a full charitable deduction on estate taxes. This type of gift can be a specific dollar amount, a percentage of your estate or what remains after other bequests are made. We would appreciate your consideration.

For more details, please contact us at 518-459-2857, ext. 302.



April's Community Drive Thru Dinner

Thursday, April 16th, from 4:00 p.m. to 5:00 p.m.

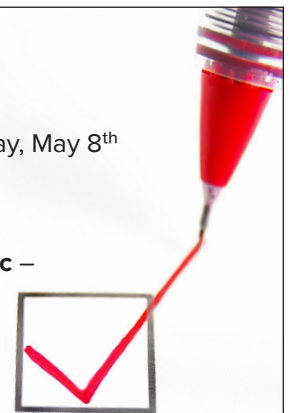
Menu

- Crab and Roasted Red Pepper Bisque
- Chicken Cordon Bleu al Forno (Fire Grilled Chicken Breast topped with Virginia Ham & Gruyere Cheese, Dijon Cream Sauce)
- Rice Pilaf
- Roasted Asparagus
- Roll and Butter
- Tiramisu

These wonderful drive thru meals are available to anyone in the community. Reservations are required and the cost is \$20 (cash/check) or \$20.60 (Credit) per meal. To make a reservation, please 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** – Monday, June 22nd
- ✓ **Active Aging Fair** – Monday, July 13th
- ✓ **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, Gracias, Merci, Danke

Thank you to all the attendees, sponsors, and volunteers of this year's Warmth of Winter event!

With your support at this year's event, you have helped to heat the homes of Capital Region seniors who struggle to pay their high heating bills over the winter months.



2026 Warmth of Winter Sponsors





Aging with Pride

Colonie Senior Service Centers, Inc. partners 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, April 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.



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

Scenes of St. Patrick's Day from all of our Independent Senior Communities!



Senior Dining Program

CSSC Congregate Meal Program April 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. **Community Lunch Reservation Notice: Please be sure to place a RSVP by 12:00 P.M. business day before to be guaranteed a lunch.** Walk-ins may be limited, not permitted all or asked to wait in lobby until all those with reservations are served. Call Liz at 518-459-2857 ext 303.

Special Lunch Friday, April 3rd at 12:00 P.M.: Come enjoy lunch and an energetic performance by Holly Beltran!

Special Dinner Monday, April 20th at 5:00 P.M.: Come enjoy dinner accompanied by music from “The Hands of Time” band.

April 2026 Menu Menu items are subject to change

4/1	Chicken Marsala	4/20	Lunch – Chicken Caesar Salad
4/2	Eggplant Parmesan	4/20	Special Dinner – Chicken Parmesan
4/3	Special Lunch – Oven Fried Fish Sandwich	4/21	Grilled Chicken w/Pineapple Salsa
4/6	Chicken Pesto Lasagna	4/22	Italian Sausage, Peppers & Onion Sand
4/7	Swedish Meatballs over Egg Noodles	4/23	Lunch & Learn: Meatloaf
4/8	Pot Roast	4/24	Cheese Manicotti
4/9	Oregano Lemon Chicken	4/27	Onion Soup + ½ Turkey Sand.
4/10	Veggie Pizza	4/28	Spaghetti & Meatballs
4/13	Beef Tips over Egg Noodles	4/29	Cornflake Chicken
4/14	Seafood Mac & Cheese	4/30	Goulash
4/15	Bacon, Shrimp + Corn Chowder + ½ Turkey Sand.		
4/16	Shepherds Pie		
4/17	Mushroom, Spinach + Cheese Quiche		

Lunch & Learn Thursday, April 23rd at 11:45 a.m.: Come learn how K9 officer Eddie and officer of Colonie PD is trained and his skills from Sgt. Michael Clough!

CSSC seniors are active!

- 1 Visiting the Cathedral of All Saints for the Cathedral in Bloom event.
- 2 Trip to the Norman Rockwell Museum.
- 3 Having fun at The Beltrone Living Center Valentine's Party.
- 4 Enjoying a Mendelssohn Club Concert.
- 5 Attending WMHT's Aging Together in NY.

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

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518-459-2857, ext. 310

Bright Horizons

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Colonie 518-459-7967

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518.459.2857, ext. 304

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AmeriCorps/RSVP and Volunteers

Christine Tremblay, Director
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518-459-2857, ext. 308

Senior Dining

Liz Hatlee, Director
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Tool Box

Leonard G. St. Gelais, Coordinator
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518-608-4758

Transportation Services

James Kyme, Director
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518-459-2857, ext. 301
To Schedule a Ride: 518-459-6064

The Beltrone Living Center

Jessica Flynn, Site Manager
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518-459-2711

King Thiel Senior Community and Sheehy Manor

Rachel Hoyka, Site Manager
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King Thiel: 518-429-6292
Sheehy Manor: 518-782-2350

King Thiel II Senior Community

Janice Whitney, Site Manager
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Media and Communications

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

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ORGANIZATION
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Permit No. 74

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.

