

28th Annual
**Mother's Day
Fashion Show
and Luncheon**

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

Did you know?

Supporting CSSC events helps keep Transportation Service moving.

In 2025, CSSC provided over 14,000 rides to seniors in our community. For many, our transportation means the difference between isolation and independence.



Style, Confidence & Community Take the Runway

Each year, Colonie Senior Service Centers looks forward to bringing our community together for one of our most beloved traditions, the Annual Mother's Day Fashion Show and Luncheon. More than just a fundraiser, this special event is a celebration of connection, confidence, and the vibrant individuals who make our centers feel like home.

This year's event promises to be especially exciting as we partner with Macy's and their professional stylist, Karina, to bring fresh inspiration and a little extra pizzazz to spring and summer wardrobes. From effortless everyday looks to eye-catching seasonal styles, guests will leave with ideas they can truly use.

Adding a meaningful local touch, this year's fashion show will feature four models—each representing one of our CSSC communities. Through a fun pre-event questionnaire, we've had the chance to learn more about what makes each of them unique.

These remarkable individuals remind us that style has no age limit—and that confidence and personality are always in fashion.

Behind the scenes, our models have been working with stylists to select outfits that reflect both current trends and their own personal flair. The result will be a show that is not only stylish, but joyful, relatable, and full of heart.

Now in its 28th year, the Mother's Day Fashion Show continues to support a vital cause. Proceeds from the event directly benefit CSSC's Transportation Services, helping seniors maintain independence by providing rides to medical appointments, pharmacies, grocery and more. When you see a CSSC bus on the road, you're seeing the impact of this event in action—neighbors helping neighbors stay connected to their community.

We invite you to join us on Friday, May 8th in the Lakeview Room at The Beltrone Living Center for fashion, fun, and

purpose as we celebrate the women, and the community, that inspire us every day.

Meet the 2026 Fashion Show Models

Our four models this year are Eileen Chamberlin, Ann Marie Coulombe, Kathleen Matatall and Kim Richards.

When the models were asked, "Who is your favorite singer/band? Have you ever seen them perform live?"

"Michael Jackson. I have not seen him perform live, but I did see his sister, Janet, perform live." – Eileen Chamberlin

"Earth, wind and Fire, did not see them perform live." – Ann Marie Coulombe

"The Beatles, I never did see them perform live, I did see John Lennon memorial in NYC." – Kathleen Matatall

"AC/DC and yes 3 times" – Kim Richards



Eileen Chamberlin



Kim Richards



Ann Marie Coulombe



Eileen Chamberlin

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Message from the Executive Director

A Mother's Influence and Staying Connected

As we welcome May and celebrate Mother's Day, I've been reflecting on the lasting influence our mothers, and mother figures, have in our lives, and the importance of staying connected to those who shape us.

I feel incredibly fortunate to still have my mom in my life. Although she lives in Florida, we talk nearly every day. Even across the miles, that regular connection keeps us close, and I know many in our community share similar relationships, whether with a parent, a child, or a loved one far away.



My mom is fun, loving, and endlessly supportive. She helped instill in me a "can-do" attitude and a desire to keep growing throughout life. She also taught me independence at an early age, something that proved invaluable when I moved overseas for college at 18 and spent five years living on my own in Germany. Like many of you, I carry a mother's influence with me every day — in how I approach challenges, in my work, and in the way I connect with others.

I also had the privilege of watching her build a meaningful career, serving as a marketing director for a nonprofit organization. Seeing the fulfillment she found in improving people's lives inspired me to seek that same sense of purpose in my own work here at CSSC.

This month, I'm especially excited to share that my mom, Joan, will be visiting and bringing her passion to our community. She will be teaching two pop-up beginner line



dancing classes at the Beltrone Living Center. While I may have inherited many things from her, rhythm is not one of them (laugh out loud!), but she has spent a lifetime dancing and now teaches classes each week for seniors near her home in Englewood, Florida.

Her visit (with my dad) is a wonderful reminder that a mother's influence doesn't fade with time or distance, it continues to bring people together, inspire new experiences, and create joy in our lives.

To my mom, and to all the mothers in our community, past, present, and future — Happy Mother's Day. I hope you'll consider joining us for Joan's class and celebrating the joy of connection and movement.

Pop Up Line Dancing with Joan
Friday, May 15th at 1:30 p.m.
Thursday, May 21st at 11 a.m.
at The Beltrone Living Center



– Noelle Schmidt, CSSC Executive Director

Featured Community Artist for June – Colleen McWatters

Colleen McWatters is a local artist. She creates in the mediums of oil pastel and charcoal, but in recent years, transitioned to drawing digitally. Colleen works in a hyper realistic style, focusing on local landmarks, wildlife, and the people in her life.

On Wednesday, June 3rd, from 4 p.m. to 5 p.m., an opening reception of her exhibit will take place at The Beltrone Living Center. This event is free and open to the public. All are welcome to see the exhibit and meet the artist.



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.



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.

- **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.
- **Tuesday, July 7, 2026** from 9:00 a.m. to 3:30 p.m.
- **Monday, July 13, 2026** from 9:00 a.m. to noon (Part 1) and **Tuesday, July 14, 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.

Warmth of Winter Thank You Notes



Dear Noelle, 4/15/26
 Many thanks and my appreciation to all involved in the "Warmth of Winter" heating assistance program in accepting my application to credit my National Fuel bill. It will indeed go a long way in meeting my heating expenses.
 Again, my gratitude to all in making this assistance possible.

Dear Noelle
 As a Senior living in our Community meeting every day's expenses, I cannot express how much the Warmth of Winter's contribution to my Nat'l Fuel bill is so helpful.
 Thank you for your consideration helping me & other Seniors maintain our independence.

Spring is here!
 May your days be filled with sunshine and joy.

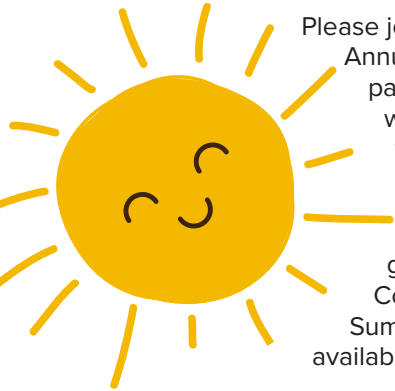
Sincerely



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-five-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.



May's Community Drive Thru Dinner

Thursday, May 21st, from 4:00 p.m. to 5:00 p.m.

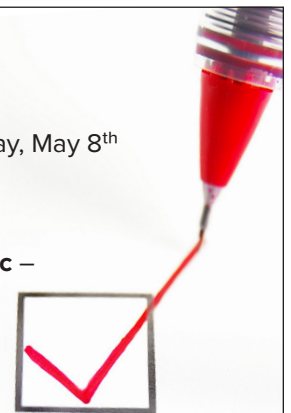
Menu

- Spinach & Strawberry Salad
- Roasted Sirloin of Beef, Bordelaise Sauce
- Roasted Red Potatoes, Zucchini Marinara
- Roll and Butter
- Blueberry Pie

This wonderful drive thru meal is available to anyone in the community. Reservations are required and the cost is \$22 (cash/check) or \$22.66 (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



Bright Horizons Adult Day Social Program



Social adult day programs play a vital role in supporting the well-being of older adults with cognitive challenges. Bright Horizons, a social Adult Day Program, provides a structured, engaging environment where participants receive socialization, supervision, personal care, and nutritious meals. This supportive setting fosters a sense of belonging, reduces social isolation, and promotes meaningful daily engagement.

The program also contributes to chronic disease management by offering consistent cognitive and physical stimulation tailored to each participant's needs. Through purposeful activities and compassionate support, Bright Horizons helps individuals maintain their independence, enhance their quality of life, and remain active members of their community.

Overall, Bright Horizons has a significant positive impact, not only enriching the lives of participants but also strengthening the communities we serve.

Site Locations:

Bright Horizons Colonie
6 Winners Circle
Albany, NY 12205

Susan Napierski, Director of Bright Horizons
518-459-7967 or snapierski@colonieseniors.org

Bright Horizons Latham
King Thiel II Senior Community
11 Elks Lane
Latham, NY 12110

Sarah Perkins, Bright Horizons Site Manager
518-459-2857 ext. 323 or sperkins@colonieseniors.org

2025 Highlights

- Bright Horizons provided 22,000 hours of respite to caregivers throughout the Capital Region
- Diverse activities including music therapy, pet therapy, arts and crafts, Tai Chi, baking group, walking group, community dining, group discussion groups, memory, trivia, and word games
- Yearly events-Bright Horizons Picnic and Thanks for Caregiving
- Field trips-Aquarium in Schenectady, Gus's Hotdogs, local museums, educational programs
- Caregiver support-monthly Alzheimer's Caregiver Support Group, lending resource library, community resource display
- Staff support through discharge and healthcare journey when needed

BH Staff:

Victoria Ludwig, Program Assistant
Debbie Trudell, Program Assistant
Jess Wank, Program Assistant

Quotes:

"The staff and overall environment and programming are wonderful"

"My favorite memory is the way everyone greeted Anna when she arrived each morning"

"Staff always communicated with us about mom's participation and helped her get the most out of the program"

"Staff members provide care and dignity to everyone"

"You are all gifts"

"Program staff including transportation were great"



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, May 15th 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, May 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 to be extended to all involved. We do our best to ensure that everyone in attendance receives assistance. **Thank you.**



Thank you for Bee-ing Volunteers

RSVP Appreciation Luncheon
Tuesday, June 9th
11:00 a.m. to 1:30 p.m.
Italian American Community Center

Bus Transportation is provided to and from the Beltrone. You MUST call ahead to book a bus seat.

RSVP by Wednesday, June 3rd
Call Christine
518-459-2857 ext. 308

Leave a voicemail to confirm your lunch spot.

Thank you for Bee-ing Volunteers!



CHAMPION YOUR HEALTH

OLDER AMERICANS MONTH
 MAY 2026



Older Americans Month is celebrated every May to recognize the contributions of older adults and support their health and independence. Led by the Administration for Community Living (ACL), the 2026 theme is "Champion Your Health," focusing on prevention, wellness, and self-management. Established in 1963, this national observance highlights aging trends, promotes community engagement, and challenges stereotypes.

#OlderAmericansMonth | acl.gov/oam

“Thank You for Your Service”

Of the two official United States holidays recognizing the commitment of members of America's military services, Memorial Day honors those who lost their lives while defending their country. To all veterans and their families, thank you for your service.



Senior Dining Program

CSSC Congregate Meal Program May 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. Registration and Reservations are Required for this program. Please call 518-459-2857 ext 303. Walkins may be limited or not permitted certain days. Please place a RSVP to ensure your spot at lunch. Please, also call to cancel if you cannot make it.

Special Lunch Friday, May 1st at 12:00 p.m.: Come enjoy tunes from a returning hit, Brian Zapell! Be sure to RSVP no later than 12:00 p.m. on April 30th.

May 2026 Menu Menu items are subject to change			
5/1	Special Lunch – Salmon Cakes	5/18	Lunch – Baked Ziti (Veg)
5/4	Chili Con Carne (New)	5/18	Special Dinner – Eggplant Parmesan (Veg)
5/5	Penne & Meatballs	5/19	Chicken Cacciatore (new)
5/6	Sweet & Sour Chicken (New)	5/20	Cheeseburger (new)
5/7	Eggplant Parmesan (Veg)	5/21	Cornflake Chicken
5/8	Stuffed Pepper *Limited RSVPs*	5/22	Salisbury Steak (new)
5/11	Chicken & Biscuits (New)	5/25	CLOSED
5/12	Meatlof	5/26	Shrimp Scampi
5/13	Beef & Broccoli (New)	5/27	Turkey Bolognese (new)
5/14	Broccoli Cheddar Quiche (New,Veg)	5/28	Bacon, Shrimp + Corn Chowder & Turkey Sand.
5/15	Crab Cakes (New)	5/29	Chicken Parmesan

Special Dinner on Monday, May 18th at 5:00 p.m.: Come enjoy a captivating performance by Donny Elvis! This event may sell-out, and no walk-ins will be permitted. RSVP no later than Friday, May 15th at 12:00 p.m.

CSSC seniors are active!

1 THE CENTER took a trip to Mabee Farm.

2 Karaoke at THE CENTER!

3 Trip to the Clark Art Institute.

Let's Celebrate Mom!

Mother's Day is a special occasion to celebrate and honor the incredible women who nurtured, cared for, and supported us throughout our lives. Whether it is our own mothers, stepmothers, or other maternal figures, they deserve recognition for their unconditional love and dedication. Mother's Day is a great time to express gratitude, reflect on cherished memories, and show appreciation through thoughtful gestures and heartfelt words. Let us make this Mother's Day an unforgettable celebration of the remarkable women, past and present, who have shaped our lives with their unwavering love and guidance.



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.).

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

Susan Napierski, Director
snapierski@colonieseniors.org
518-459-2857, ext. 322
Colonie 518-459-7967

Facilities Manager

Brian Tompkins
btompkins@colonieseniors.org
518.459.2857, ext. 304

Finance

Andrew C. Koenig, CPA, Director
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

James Kyme, Director
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
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518-459-2857, ext. 337



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

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1 PINT
3 can save
LIVES
GIVE BLOOD
GIVE LIFE

CSSC SPRING BLOOD DRIVE

Thursday, May 14

**The Beltrone Living Center,
6 Winners Circle**

12:00 PM – 5:00 PM

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.

