

SENIOR CONNECTIONS

July 2026 | Volume 40, Edition 7

Come Celebrate Healthy Living!

Active Aging Fair

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

Join us for a senior community resource fair with over 30 vendors attending including health care providers, law firms, banks, local not for profits, senior housing, assisted living and more. **Open to all and free admission!**

Sponsors:



Confirmed Participating Organizations:

- Accessible Health & Wellness Solutions
- Alzheimer's Association Northeastern New York
- Anchor Health Care
- Catholic Charities Tri-County Services
- CDPHP
- CDPHP Fitness Connect at the Ciccotti Center
- Center for Independence, Inc.
- Centers Health Care
- CEO Foster Grandparent Program
- Choice Connections, LLC
- Daughter for Hire LLC
- Daughters of Sarah Community for Seniors
- Depaul Housing Management Corp.
- Eddy Senior Living
- Friends of Pruyn House
- Helping Hands @ Home LLC
- Home Instead
- Kingsway Community
- Mabey's Moving & Storage, Inc.
- Marquis Home Care
- Meier Law Firm, PLLC
- Millview of Latham
- Organize Senior Moves
- RLGC Law Group
- Senator Jake Ashby
- Simplify Medicare
- The Eddy Community Service Division
- The Legal Project
- Town of Colonie Senior Resource Dept.
- Trinity Health Plan NY
- United Health Care
- WellCare

For more information call
Madelyn at 518-704-4269



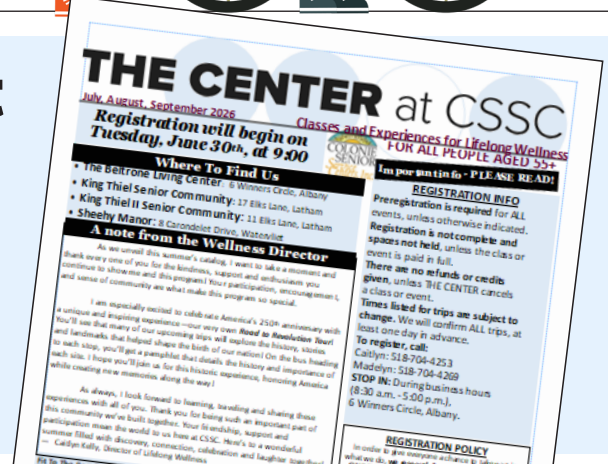
The New Catalog is Out

Registration Starts June 30th at 9:00 a.m.

Get ready to get busy and try new things this summer. Join **THE CENTER** today!

THE CENTER's July, August, September Catalog has been released.

Visit colonieseniors.org or call 518-459-2857, ext. 327 for the latest catalog. **THE CENTER** is underwritten by:



Message from the Executive Director

Making the Most of Summer — and Each Other

Summer invites us to slow down and appreciate the things that matter most: time with friends, meaningful conversations, favorite activities, and moments of connection. This year, as we continue to navigate change and look toward the future, those connections are more important than ever.

At Colonie Senior Service Centers, our strength has always been our community. Whether through programs, meals, volunteer efforts, or simply checking in on a neighbor, we continue to support one another and find reasons to celebrate each day.

As we enjoy the warm weather and longer days of July, we encourage everyone to take time for the simple pleasures of summer while also remembering the value of kindness, friendship, and community. Together, these

are the things that help us grow stronger and move forward.

We wish everyone a safe, healthy, and enjoyable summer season.

– Noelle Schmidt,
CSSC Executive Director



Theo Schmidt, showing his patriotism.

Thank you Goldstein Auto Group

Stefanie Goldstein, General Manager, Goldstein Subaru, Director of Marketing and Advertising, Goldstein Auto Group, and her staff recently presented a check in the monetary amount of \$11,174 to Colonie Senior Service Centers, Inc. The check reflects the results of Subaru's 2025 Share the Love campaign in which Goldstein Subaru nominated CSSC to participate.

We truly appreciate Goldstein Auto Group for their continued support of Colonie Senior Service Centers, Inc. and for choosing us for the 2025 Subaru "Share the Love" Event.



Volunteer Luncheon 2026 Recap

Thank you to our volunteers for another year of hard work and speaker Julie Takac for an inspiring talk on self-care and wellness to keep our volunteers healthy!



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 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, July 10th at 12:00 P.M.: Come enjoy Chicken Parmesan and a performance by REDKING duo!

Special Dinner Monday, July 20th at 5:00 P.M.: Come enjoy a Cornflake Chicken dinner and a piano & vocal performance by Laura Melanie Collins! (Doors open at 4:30 P.M.)

July 2026 Menu <small>Menu items are subject to change</small>		
7/1	Cheeseburger	7/20 Lunch – Swedish Meatballs
7/2	Cornflake Chicken	7/20 Special Dinner – Cornflake Chicken
7/3	CLOSED	7/21 Goulash
7/6	Chicken Marsala	7/22 Minestrone Soup with Turkey & Swiss Sandwich
7/7	Shrimp Scampi Over Angel Hair	7/23 BBQ Chicken
7/8	Turkey Bolognese	7/24 Macaroni and Cheese
7/9	Bacon Shrimp Corn Chowder & Turkey Sandwich	7/27 Chili Con Carne
7/10	Special Lunch – Chicken Parmesan	7/28 Penne and Meatballs
7/13	Meat Lasagna	7/29 Sweet and Sour Chicken
7/14	Beef Tips in Gravy over Egg Noodles	7/30 Eggplant Parmesan
7/15	Roasted Red Pepper and Sausage Pizza	7/31 Stuffed Pepper
7/16	Lemon Garlic Baked Cod	
7/17	Chicken Florentine	

Pop Up Summer Bingo!

Monday August 10th, doors open at 3:30 p.m., at The Beltrone Living Center

Refreshments and raffles available.

Open to the community, friends and family over 18 years of age welcome.



Our Newest Team Member

Welcome our newest CSSC maintenance team member Mike Thomas! Mike is from Schenectady and enjoys working on building and repair projects. Be sure to say hello if you see him!



Colonie Town Band Concert

Monday, August 3, 6:30 p.m. – 7:30 p.m.
Doors open at 5:30 p.m. Refreshments will be served.

In the Lakeview Room, The Beltrone Living Center, 6 Winners Circle, Albany.




July's CSSC Community Drive Thru Dinner

Thursday, July 23rd, 2026
Pickup at The Beltrone Living Center from 4:00 p.m. to 5:00 p.m.

July's Community Drive Thru Dinner is very limited, make your reservation before it runs out!

Menu

- Lobster Salad Roll
- New England potato salad
- Corn on the Cob
- Tomato and Cucumber Salad
- Berry Bar

July Drive thru meal is available to anyone in the community. Reservations are required and the cost for dinner is \$30 (cash/check) or \$30.90 (credit) per meal. To make a reservation, call 518-459-2857, ext. 340.

Happy July 4th!

Wishing everyone a day filled with celebration, good company, and maybe a slice of pie or two.

United States of America
250th ANNIVERSARY



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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 Albany, NY 12205

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Defensive Driving Classes

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

- **Tuesday, July 7, 2026**
from 9:00 a.m. to 3:30 p.m.
- **Saturday, July 11, 2026**
from 9:00 a.m. to 3:30 p.m.
- **Saturday, August 1, 2026,**
from 9:00 a.m. to 3:30 p.m.
- **Monday, August 17, 2026,**
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 (cash/check) or \$25.75 (credit) 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, July 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.**