

Chefs in Motion: Where Culinary Creativity Fuels Community Care



Sponsors

BBL



A plan for life.

Join Colonie Senior Service Centers for the **8th Annual Chefs in Motion Culinary Tasting & Competition**, where local chefs come together for an evening of incredible food, friendly competition, and community spirit, all while supporting a cause that helps thousands of older adults remain active and independent.

Guests will enjoy tastings from talented local chefs as they compete for the title of **Chefs in Motion Champion**. Throughout the evening, attendees will have the opportunity to sample a variety of delicious dishes, interact with the chefs, and cast their votes for their favorites while enjoying an unforgettable culinary experience.

Most importantly, every ticket purchased and every sponsorship helps support **CSSC's Senior Transportation Program**, providing older adults with reliable transportation to

medical appointments, grocery shopping, and other essential destinations throughout the Capital Region.

Save the Date

Monday, September 28th, from 5:30 to 8:30 p.m. at The Beltrone Living Center

Great food. Friendly competition.
A meaningful cause.

We hope you'll join us!

Tickets:

General Admission

\$55 cash/check or \$56.65 credit.

Seniors

\$40 cash/check or \$41.20 credit.

Tickets can be purchased online at
colonieseniors.org/event/8th-annual-chefs-in-motion/

or call Madelyn at 518-459-2857 ext. 340.



Scan to purchase event tickets!



Salvatore R. and Anna E. Beltrone Golf Classic

Monday, September 14, 2026 from 10:30 a.m. to 6:30 p.m. at 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.

Presenting Sponsor



The Salvatore R. & Anna E. Beltrone
FAMILY FOUNDATION

Message from the Executive Director

It's the Little Things

As I walk through our communities, I'm reminded that what makes Colonie Senior Service Centers special isn't simply our buildings or the programs we offer, it's the people.

It's the conversations over coffee in our cafés. The laughter during a fitness class. Neighbors checking in on one another. A driver making sure someone gets safely to an important medical appointment. A volunteer offering a helping hand. These moments may seem small, but together they create something extraordinary: a community where older adults are valued, supported, and connected.

As our population continues to age, organizations like ours become more important than ever. The need for affordable housing, nutritious meals, transportation, wellness opportunities, and caregiver support continues to grow. Every day, we see first hand how these services help older adults maintain their independence while enjoying meaningful lives.

I'm proud that, for more than 45 years, CSSC has continued to evolve to meet those changing needs. While programs and services may grow and change over time,

our mission remains the same, to help older adults live healthier, more independent, and connected lives.

As we head into the final months of summer, I encourage you to try something new. Attend a class, join us for an event, introduce yourself to a neighbor, or simply spend a little extra time enjoying the friendships that make this community so special.

Thank you for allowing us to be part of your lives. It is truly a privilege to serve you, and I look forward to all that we'll accomplish together in the months ahead.

– Noelle Schmidt,
CSSC Executive Director



Bright Horizons Celebrates Summer Together

More than 95 participants, family members, staff, and volunteers gathered in June for the 2026 Bright Horizons Adult Day Program Summer Picnic, enjoying a day filled with good food, laughter, music, games, and great company. The picnic provided an opportunity to celebrate the friendships and connections that make Bright Horizons such a special community while recognizing the families, staff, and volunteers who help support our program every day. Thank you to everyone who joined us and helped make this year's picnic such a memorable celebration of community and caring.

The Tool Box

Run as a program of Colonie Senior Service Centers, Inc., the Tool Box officially opened its door on October 2, 2015 as a secondhand, tool thrift shop. Over the years, our customer base has grown as we strive to provide quality, gently used tools to the local community at a fair price. The store is located at 143 Troy Schenectady Road in Watervliet and is operated under the leadership of Len St. Gelais. Donations of tools are accepted during store hours which can be dropped off or in certain cases, can be arranged to be picked up. To get in touch with the Tool Box, please call 518-608-4758.

Volunteers help appraise tools, stock shelves, organize the store, assist customers and perform many other day-to-day tasks. If you are interested in learning about volunteering at the Tool Box please reach out to Christine Tremblay, Director of Volunteer Services, at 518-459-2857 ext. 308.



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 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 August 7th at Noon: Come sing and dance along to a captivating performance by duo "Mary & Gary!"

August 2025 Menu Menu items are subject to change

8/3	Chicken & Biscuits	8/17	Lunch – Chicken Marsala
8/4	Meatloaf	8/17	Special Dinner – BBQ Chicken
8/5	Beef & Broccoli	8/18	Shrimp Scampi
8/6	Broccoli Cheddar Quiche (V)	8/19	Turkey Bolognese over Rice
8/7	Special Lunch – Crab Cakes	8/20	Bacon, Shrimp + Corn Chowder & Turkey Sand.
8/10	Baked Ziti (V)	8/21	Chicken Parmesan
8/11	Chicken Cacciatore	8/24	Meat Lasagna
8/12	Cheeseburger	8/25	Beef Tips in Gravy over Egg Noodles
8/13	Cornflake Chicken	8/26	Roasted Red Pepper & Sausage Pizza
8/14	Salisbury Steak	8/27	Lemon Garlic Baked Cod
		8/28	Chicken Florentine
		8/31	Swedish Meatballs

Special Dinner Monday, August 17th at 5:00 P.M.: Come enjoy a BBQ chicken dinner and tunes by band "Mike Moss & Friends".

In Gratitude for Our Team

As a gesture of appreciation for the dedication and hard work of our employees, CSSC will be closing at 2:00 p.m. every Friday throughout the month of August.



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 are welcome.



August's Community Drive Thru Dinner

Thursday, August 20th, 4:00 p.m. to 5:00 p.m.



- Pulled BBQ Pork with Bun
- Green Beans
- Tomato Mozz. Salad
- Lemon Meringue Pie.

August Drive Thru Dinner cost is \$20 (cash/check); \$20.60 (credit).

Drive thru meals are available to anyone in the community. Reservations are required. To make a reservation, please call 518-459-2857, ext. 340.

September Drive Thru Dinner: Honey Dijon Salmon, Butternut Squash Bisque, Red Potatoes, Squash Medley, Chocolate Layer cake



Colonie Town Band Concerts

Monday, August 3rd, 6:30 p.m. – 7:30 p.m.
The Beltrone Living Center, 6 Winners Circle, Albany.

Monday, September 21st, 6:30 p.m. – 7:30 p.m.
King Thiel II Pavilion, 11 Elks Lane, Latham.

Doors open at 5:30 p.m. Refreshments will be served.



Photo by Scott Brady

CSSC Trip to the Pruyn House Summer Concert Series

August Pruyn House concerts:

- **Wednesday, August 5th, David McCarthy & the Very Deep**
- **Wednesday, August 12th, Get up Jack – Irish Night**

Bus leaves The Beltrone Living Center at 5:15 p.m. for both Concerts. Concerts are 6:00 p.m. to 8:00 p.m. with \$5 admission fee at the door. Transportation to the event is a donation by the Friends of the Pruyn House.

Sign up with Caitlyn at 518-459-2857, ext. 327 or Madelyn at 518-459-2857, ext. 340

Art Exhibit Reception

Wednesday, August 5th, from 4:00 p.m. to 5:00 p.m. at The Beltrone Living Center

Back by popular demand, with an all new show. The award-winning nature photography of Scott Stoner and Denise Hackert-Stoner of Naturelogues has been widely exhibited, and has appeared in publications such as Birdwatching, National Wildlife, New York State Conservationist, and many others.

Scott is retired after a 31-year career with the NYS Department of Environmental Conservation. Denise is an ordained priest in the Association of Roman Catholic Women Priests.

Through their small local business, Naturelogues, Denise and Scott offer natural history slide programs and nature photography workshops for adults and children as well as sales of their nature photography and note cards. To see more of their work, please visit them at naturelogues.com.



RECEPTION IS OPEN TO THE PUBLIC

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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Volunteer Services

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Senior Dining

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Tool Box

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518-608-4758

Transportation Services

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To Schedule a Ride: 518-459-6064

The Beltrone Living Center

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King Thiel Senior Community and Sheehy Manor

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King Thiel II Senior Community

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Media and Communications

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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:

- **Monday, August 17, 2026, from 9:00 a.m. to 3:30 p.m.**
- **Saturday, August 22, 2026, from 9:00 a.m. to 3:30 p.m.**
- **Monday, September 21, 2026, from 9:00 a.m. to 3:30 p.m.**
- **Saturday, September 26, 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, August 13th 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.**