



Can't Wait to Get on the Road Again

We are pleased to share some encouraging news: Colonie Senior Service Centers is working to resume our Senior Transportation Program as soon as possible, thanks in part to an appropriation secured by New York State Assemblyman Phil Steck.

This important support brings us closer to putting our buses back on the road and once again providing the safe, reliable transportation that so many older adults in our community depend upon.

For years, CSSC's Senior Transportation Program has helped older adults get where they need to go, whether that means traveling to a medical appointment, picking up a prescription at the pharmacy, shopping for groceries, or participating in programs and activities that keep them active and engaged.

For a senior who no longer drives, something as routine as a doctor's appointment or a trip to the grocery store can become a significant challenge. Reliable transportation helps remove that barrier. Just as importantly, it provides something that cannot always be measured in miles: independence, connection, and peace of mind.

We are deeply grateful to Assemblyman Phil Steck for recognizing the importance of senior transportation and for securing this appropriation to support our efforts. Investments like this help strengthen the network of services that allows older adults to remain healthy, active, and independent in their own communities.

Our work is not finished yet. There are important operational steps that must be completed before rides can resume, and our team is working diligently to move that process forward. Our goal is to restore Senior Transportation as soon as possible while ensuring that the program returns in a safe, dependable, and sustainable way.

The road ahead is looking brighter, and we cannot wait to get moving again.



Message from the Executive Director

Moving Forward, Together

Over the past several months, I have been reminded again and again of just how much this community cares about our seniors and about CSSC.

When we lost significant funding, supporting our senior transportation program for many years, we faced some difficult decisions. Transportation is expensive to operate, but for the seniors who depend on it, it is essential.

The response from our residents, families, friends, donors, elected officials and community has been tremendous. You shared our story, supported our efforts and reminded us that this was a service worth fighting for.

We are incredibly grateful for the \$150,000 legislative appropriation secured by Assemblyman Phil Steck, as well as a last-minute \$4,690 legislative grant secured by Albany County Legislator Paul Burgdorf. This support is helping us move closer to getting our transportation program back on the road.

What has stayed with me most are the stories we have heard from seniors themselves. Some are relying on friends and family for rides while they wait for our service to return. Others have postponed appointments, or simply haven't gone, because they don't have transportation. Some are quite literally waiting for CSSC transportation to return because it is the service they know and trust.

Those stories are why we didn't give up.

We kept telling our story through the media, our elected officials and community partners.

We wanted people to understand that senior transportation isn't simply about providing a ride. It's about helping older adults remain independent, access the services they need and stay connected to their community.

I'm grateful we kept pushing, and even more grateful that so many of you pushed alongside us.

There is still work ahead. The funding we've secured provides an opportunity to restore service, but we must also find a sustainable way to fund senior transportation for the months and years ahead. CSSC will continue advocating for solutions because our seniors deserve a reliable service they can count on.

For now, thank you for believing in CSSC, for believing in this program and, most importantly, for standing with our seniors when they needed you.

Your support has meant more than you know.

Noelle Schmidt, Executive Director



Dan Passante of Channel 10 news, interviewing Noelle Schmidt about CSSC's transportation Services.

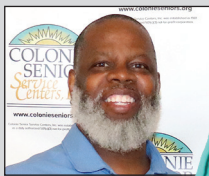
Defensive Driving Classes

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

- **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.
- **Wednesday, October 21, 2026** from 5:00 p.m. to 8:00 p.m. (Part 1) and **Thursday, October 22, 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.
- **Saturday, October 24, 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, September 10th from approximately 10:00 a.m. – 11:00 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.**

Fritz's Polka Band Concert

Monday, September 4th, 2:30 p.m. – 4:00 p.m.
Beltrone Living Center Lakeview Room

Concert is FREE and open to all. Refreshments will be served.

Fritz's Polka Band (FPB) is an eclectic, high-energy American band known for breaking traditional polka stereotypes by fusing modern-style polka with rock, country, and blues.



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. Walk-ins 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 September 4th at Noon: Come enjoy an energetic guitar & vocal performance by returning hit, Brian Zapell!

Special Dinner Monday, September 21st at 5:00 PM: Come enjoy dinner with your community and a performance by REDKING duo.

Congregate Lunch Program Change

Beginning in September, guests at our congregate lunch program will notice some changes to our menus. These updates are part of new nutrition standards being implemented by Albany County in accordance with updated USDA guidelines.

Because our congregate dining program is funded and regulated through Albany County, our menus are required to meet the County's nutritional standards. While we have limited input into these requirements, the goal behind the changes is a positive one: to provide meals that support good health and nutrition for older adults.



September 2026 Menu Menu items are subject to change

9/1	Chicken Bacon Mac & Cheese	9/17	Cream of Broccoli Soup & Turkey Sandwich
9/2	Goulash	9/18	Sweet & Sour Chicken
9/3	Turkey Divian	9/21	Lunch – Italian Wedding Soup
9/4	Cornflake Chicken	9/21	Special Dinner – Chicken Parmesan
9/7	CLOSED	9/22	Beef & Broccoli
9/8	Salisbury Steak	9/23	Shrimp Scampi
9/9	Salmon Cake	9/24	Meat Lasagna
9/10	Veggie Pizza	9/25	Oven Fried Chicken Sandwich
9/11	Pepper Steak w/Onions	9/28	Penne & Meatballs
9/14	Meatloaf	9/29	Chicken Parmesan
9/15	Chicken Marsala	9/30	Chicken Teriyaki
9/16	Swedish Meatballs		

The new guidelines place greater emphasis on nutritious foods and reducing the amount of highly processed foods, added sugars, sodium, and other ingredients that should be enjoyed in moderation. As a result, some familiar menu items may change.

Perhaps the most noticeable difference will be dessert. Depending on the day's meal, dessert may not be included as often as it has been in the past. We know dessert can be a favorite part of lunch, so we understand that this particular change may take a little getting used to!

While the menus may look a bit different, the heart of our lunch program isn't changing. It's still about much more than what's on the plate. It's an opportunity to enjoy a nutritious meal, spend time with friends, share conversation and laughter, and stay connected to our community.

We appreciate everyone's understanding as we begin following these new requirements in September. We look forward to continuing to welcome you to the table—and making lunchtime a great part of your day, dessert or no dessert!



Colonie Town Band Concerts

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.

Pop Up Fall Bingo!

Monday, October 5th. Doors open at 3:30 p.m., and Bingo starts at 4:00 p.m. in the Lakeview room in The Beltrone Living Center.

Refreshments and raffles available for purchase.

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

Admission requires the purchase of at least one bingo card and prizes are based on the number



September's Community Drive Thru Dinner

Thursday, September 17th, 4:00 p.m. to 5:00 p.m.

Menu

- Honey Dijon Glazed Salmon
- Butternut Squash Bisque
- Red Potatoes
- Harvest Squash Medley

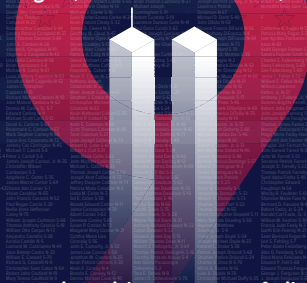
- Roll and Butter
- Chocolate Layer Cake

September Drive Thru Dinner cost is \$25 (cash/check); \$25.75 (credit). per meal.

Drive thru meals are available to anyone in the community. Reservations are required. Meals can be picked-up at The Beltrone Living Center, 6 Winners Circle, Albany. To make a reservation, please call 518-459-2857, ext. 340.

NEVER FORGET

On September 11, 2026, it will be twenty-five years since the tragedy that claimed so many lives in New York City, at the Pentagon, and in Shanksville, Pennsylvania.



The primary, nationwide moment of silence for 9/11 is observed at 8:46 a.m. EDT, which marks the exact time the first hijacked plane struck the North Tower of the World Trade Center.

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

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Thank you to our Generous Sponsors!

As of August 21, 2026



Chefs in Motion



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

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!



Sponsors

