COLONIE SENIOR Service Centers, Inc.

Your path to **healthy. active. independent. lifestyle . . .**

SENIOR CONNECTIONS

November 2026 | Volume 40, Edition 11

More Than a Place to Spend the Day

The power of connection at Bright Horizons

For older adults experiencing isolation, meaningful social interaction can make a remarkable difference. A friendly conversation, a shared laugh, or simply having something to look forward to can brighten a day, and help restore a sense of connection and purpose.

As we grow older, changes in health, mobility, and personal circumstances can make it harder to stay socially active. The loss of friends or loved ones may also leave someone spending more time alone. Isolation can affect emotional well-being and make everyday life feel smaller.

At Colonie Senior Service Centers, Bright Horizons Social Adult Day Program offers a welcoming place to reconnect. Participants enjoy companionship, engaging activities, conversation, and opportunities to form friendships in a supportive setting. Bright Horizons follows a social model, rather than a medical model, with a focus on meaningful interaction, stimulation, and enjoyment.

The benefits often reach beyond the program itself. Families sometimes notice that loved ones who have been quieter or less engaged at home return with more to talk about, greater enthusiasm, or renewed interest in the world around them. Every person is different, but opportunities to participate, contribute, and connect can make a real difference.

And participation does not have to mean attending every day. Even one or two days a week can add welcome structure and social connection. For family caregivers, the program can also offer valuable respite and reassurance that their loved one is spending time in a caring, engaging environment.

Bright Horizons serves families at two locations: the Beltrone Living Center and King Thiel II in Latham. Whether someone is seeking more opportunities to socialize or a family is exploring daytime support for a loved one, we invite them to learn what Bright Horizons can offer.

Opening the Door to Connection

We believe that cost should not be the reason an older adult misses out on friendship, activity, and belonging. That is why Colonie Senior Service Centers is establishing a Bright Horizons Scholarship Fund to help individuals and families who may struggle to afford the program.

If you would like to learn more about Bright Horizons Adult Day Services please contact:

Sue Napierski at π518-459-7967 or
Sarah Perkins at 518-459-2857 ext. 323



Thank you to Lisa Smalley, Vice President, Private Senior Associate Lead, of Bank of America Private Bank for organizing a group of fantastic Bank of America volunteers to visit Bright Horizons on October 20, 2026. Our seniors and volunteers enjoyed the various stations that were set up and rotated through bowling, Hillbilly BINGO, Jenga, Uno, Gin Rummy, Dominoes and Scrabble. A good time was had by all! The comradery and creation of new memories is amazing to see. Thank you, Bank of America team for spending time with our seniors at Bright Horizons. They are still talking about your visit and when they will see you all again!

Message from the Executive Director

Honoring Those Who Served

As Veterans Day approaches, I find myself reflecting on the courage, sacrifice, and remarkable stories of those who have served our country.

Military service has always been part of my family's history. My grandfather, Donald Franklin, was a paratrooper in the Army's 82nd Airborne Division during World War II, and all of my uncles also served in the Army.



One story about my grandfather has always stayed with me. During the war, he crawled on his belly under enemy fire, laying telephone wire to restore critical communications for his fellow soldiers. Our family was told he earned the Silver Star for his bravery, although he never received the medal itself.

His story reminds me that every veteran has a story worth telling. At Colonie Senior Service Centers, we have the privilege of serving older adults whose experiences, sacrifices, and contributions have helped shape our nation.

This Veterans Day, I encourage you to thank a veteran, listen to their experiences, and help preserve their stories for future generations.

To all who have served, and to the families who have supported them, we extend our heartfelt gratitude.

– Noelle Schmidt, Colonie Senior Service Centers, Inc. Executive Director



Pop Up Bingo!

Monday, November 30 2026

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 of participants.



Scenes from the CSSC's 45th Anniversary Party

What a party and celebration of Colonie Senior Service Centers, Inc. 45 years. Thank you all for attending!



Sponsored by BBL



For 45 years, Colonie Senior Service Centers, Inc. has been more than an organization. We've been a place where friendships begin, independence is supported, and older adults find connection, purpose, and a sense of belonging.

Since 1981, we've been there for the senior who needs a ride to a medical appointment. The caregiver who needs a helping hand. The neighbors who gather around a meal. And the older adult discovering new experiences and friendships. And none of it would be possible without the generosity of our community. As we celebrate our 45th anniversary, we're excited to officially kick off our 2026 Annual Appeal!

Your gift helps ensure that CSSC can continue providing essential programs and services for older adults throughout the Capital Region. We've been here for 45 years. With your help, we'll be here for the next 45.

Consider making a $45 gift in honor of our 45th anniversary — or any amount that's meaningful to you.

Our Impact, by the Numbers

13,817 RIDES Helping seniors reach medical appointments, groceries, pharmacies and more.

2,688 GROCERIES Seniors received groceries through our monthly pop-up food pantry program.

35,942 MEALS SERVED Nutritious meals across six senior dining locations, bringing people together.

452 ACTIVE VOLUNTEERS Giving their time and talents to support CSSC and our community.

22,000 HOURS OF CAREGIVER RESPITE Through Bright Horizons Adult Day Services, giving caregivers peach of mind.

344 CLASSES, PROGRAMS, TRIPS Including art, health & wellness, educational programs, and field trips through The Center.

Make your gift today:

https://colonieseniors.org/product/make-a-gift/ or scan the qr code or you may write a check to Colonie Senior Service Centers, Inc., and mail to 6 Winners Circle, Albany, NY 12205.

Thank you in advance for your generosity!

We are grateful to those who have supported the 2026 Year End Annual Appeal thus far.

Your donations make a lasting difference to seniors and their families.

Marline Agnew
Douglas E. Amsden for Transportation in memory of Charlotte Amsden
Anonymous
Helga Apkarian for Transportation in memory of Sam Apkarian
Ken Baker
Linda Becker for Transportation in memory of John Wolcott
Doris & Joyce Bindl
Rev. John J. Bradley
Cathy Buckwalter
Fran Buist
Timothy & Sandra Cade for Bright Horizons
Anthony Caropreso in memory of Geraldine E. Caropreso
Julie Carroll for Transportation
Richard Carty
Stephen Caruso for Transportation
Charles Chorbajian
Lorraine Clute
Constellation Brand
Phyllis Cooney in memory of Paul E. Cooney
Catherine Crohan
Edward Cross for Transportation and Bright Horizons
Peter & Kathleen Crouse
Anna De Sorbo
Richard Dietlein
Paul Dominski in memory of Dawn
Joanne Dott
Patricia Durante
Trish Dwyer for Transportation
Barbara & Jim Feiden
Tom Fisch for Transportation
Christine & Chris Fowler for Transportation
James Germaine
Geneva & Herman Guerrette for Transportation
Audery Guyette for Transportation
Dale Hartman in memory of Mary Van Wie and Marion Tribley
Emily & Richard Higgins for Transportation
John Houle
Sally Jack in memory of John W. Jack
David & Margaret Jones
Marge Jubert for Transportation
Alicia Kelley
Maureen Kelly
William King
J. Eric King
Mary Ann Kowaleski for Transportation
Joe & Charlotte Laramie for Transportation
Sheryl Madden for Bright Horizons in memory of Beverly Locke
Margaret Mayer in memory of Bill Mayer
Maureen McGowan
Metroland Business Machines for Bright Horizons
Linda A. Moore for Transportation in memory of Robert C. Moore
Bebe Morehead
Elaine Mudipare in memory of Karen Asher
Margaret Mulroy in honor of CSSC for all you do for the seniors
MVP Health Care for Transportation
Edward Neary for Bright Horizons in memory of Gracie Schmidt
Maureen O'Brien
Barbara Oliver for Bright Horizons in memory of Bill Oliver
Bernard W. O'Neill in memory of Alice O'Neill
Carol Pataky for Transportation
Dorothy Pazinko for Bright Horizons in memory of Beverly Locke
Margaret Pelgrin for Transportation in memory of James Pelgrin
Liz Peters
Leslie Phelan for Transportation
Herbert Picker
Leonard & Joan Putnick in memory of Betty Donohue Clark
Gregory & Deborah Rickes
Edward Sawczak for Transportation
Margaret B. Schmidt for Transportation
Sandy Smith
Gerald & Mary Smith for Bright Horizons
Michael Strycharz
Patricia Taylor
Janice Terry in memory of Mr. & Mrs. Anthony Forenzo
Heidi Thomas Wilklow
Joan Welch for Transportation in memory of Charles Welch
Ellen Werner
Paul & Monica Wilkes for Transportation

Donations received as of October 30, 2026

Honoring Our Heroes at Colonie Senior Service Centers!

On November 2, 2026, we had the privilege of bringing our community together for our annual Veterans Recognition Luncheon, a special celebration honoring the brave men and women who have served our country.

It was a wonderful afternoon filled with patriotism, gratitude, friendship, and heartfelt appreciation for our veterans. A special thank-you to BBL Construction Services, our generous sponsor, the Joseph E. Zaloga American Legion Post 1520, and the Albany High JROTC, for helping make this meaningful event possible. We are also grateful to our special guests, staff, volunteers, and everyone who helped make today's celebration a success!

Most importantly, to all of our veterans: Thank you for your service, your sacrifice, and your dedication to our country.

We are forever grateful!

SPONSORED BY:

BBL

American Legion
Joseph E. Zaloga Post #1520





Aging with Pride

Colonie Senior Service Centers, Inc. is excited to partner 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, November 20th 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 after that.

Expect, fun, camaraderie, and a lot of love and support! Attendees are able to make a reservation and stay for lunch afterwards. For questions and additional information, please call 518-459-2857 ext. 305.



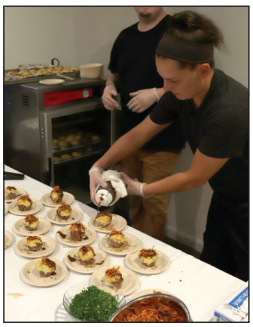
Do you or someone you know have difficulty cooking at home?

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 forpickup Monday through Friday from 9:00 a.m. to 3:00 p.m. in the cafes 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.

Scenes from Chefs in Motion

Thank you! To our sponsors, in-kind donors, event attendees, judges, and incredible CSSC staff and volunteers for making this year's Chef in Motion a great success! Congratulations to Chef Jeremy Munn, Mazzone Hospitality for winning this years Chefs in Motion Judges Competition and Chef Andre and Rickelle Burchell of Simply Caribbean for winning this year's People's Choice. All Proceeds from Chefs in Motion benefit CSSC's Senior Transportation Program, helping Capital Region seniors remain independent.





THANK YOU TO OUR GENEROUS SPONSORS!

BBL · CDPHP A plan for life. · ROSENBLUM BETTER SPACES · St Peter's Health Partners

Senior Dining Program

CSSC Congregate Meal Program November 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, Town of Colonie and participant contributions. Suggested participant contribution is $3.00 for food, and $3 for entertainment. Guests and those under 60 have a required $11 Fee. Registration and reservations are required for this program. Call Liz at 518-459-2857 ext. 303 for reservations by 12:00 p.m. the business day before.

Special Lunch Friday, November 6th at 12:00 p.m.: Come enjoy a performance by Don Kelly, and a Oven Fried Chicken Sandwich lunch.

Special Dinner Monday, November 16th at 5:00 p.m.: Please note, this event may sell out if room capacity is hit, and no walk-ins will be permitted. Come enjoy a traditional turkey dinner with all the fixings – stuffing, mashed potatoes, butternut squash and broccoli and a delicious slice of pumpkin pie. Piano and vocal entertainment provided by Laura Melanie Collins!

November 2026 Menu Menu items are subject to change

11/2	***Limited RSVPs*** Italian Wedding Soup	11/16	**Lunch** – Sloppy Joe
11/3	Beef & Broccoli	11/16	**Special Dinner – *No Walk-ins*** Turkey Dinner
11/4	Shrimp Scampi	11/17	Bacon, Shrimp & Corn Chowder + Turkey Sand.
11/5	Meat Lasagna	11/18	Lemon Garlic Baked Cod
11/6	**Special Lunch** – Oven Fried Chicken Sand.	11/19	Baked Ziti (Veg)
11/9	Penne & Meatballs	11/20	Western Omelet Bake w/Ham
11/10	Chicken Parmesan	11/23	Eggplant Parmesan (Veg)
11/11	**CLOSED FOR VETERANS DAY**	11/24	Chicken & Bacon Mac n Cheese
11/12	Waldorf Chicken Salad on a Bun	11/25	Goulash
11/13	Spanish Rice w/Beef	11/26	**CLOSED FOR THANKSGIVING DAY**
		11/27	**CLOSED**
		11/30	Stuffed Pepper



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, November 12th 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 extended to all involved. We do our best to ensure that everyone in attendance receives assistance. **Thank you.**

Tool Box

On October 16, 2026, our Tool Box Tool Thrift Store was awarded the NYS Senate "2026 Empire Award", by Senator Jake Ashby.

The Tool Box continues to grow and consists of volunteers who are dedicated and conscientious, working hard day in and day out. The Tool Box provides an opportunity to donate tools that are no longer used or needed, knowing that they will be enjoyed by another tool lover and that the proceeds will help our community. The program creates lasting friendships between volunteers and the building becomes an ideal gathering place for volunteers and shoppers to connect and share their love of tools.

The Tool Box is conveniently located at 143 Troy Schenectady Road, Watervliet, NY 12189 (Town of Colonie). Stop by soon!



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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
518-459-2857, ext. 302

Administrative Operations and HR
Carol Ripley, Director
518-459-2857, ext. 310

Bright Horizons
Susan Napierski, Director
518-459-2857, ext. 322
Colonie 518-459-7967

Facilities Manager
Brian Tompkins
518.459.2857, ext. 304

Finance
Andrew C. Koenig, CPA, Director
518-459-2857, ext. 306

Lifelong Wellness
Caitlyn Kelly, Director
518-459-2857, ext. 327

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

Senior Dining
Liz Hatlee, Director
518-459-2857, ext. 303

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

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

The Beltrone Living Center
Jessica Flynn, Site Manager
518-459-2711

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

King Thiel II Senior Community
Janice Whitney, Site Manager
518-704-4267

Media and Communications
Michael DiGiuseppe, Specialist
518-459-2857, ext. 337

Colonie Senior Service Centers, Inc.
6 Winners Circle
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:

- **Friday, November 13, 2026** from 9:00 a.m. to 3:30 p.m.
- **Wednesday, November 18 2026** from 9:00 p.m. to 12:00 p.m. (Part 1) and **Friday, November 20, 2026** from 9:00 p.m. to 12:00 p.m. (Part 2). This is a split class. Must attend both sessions to receive certification.
- **Monday, December 7, 2026** from 9:00 a.m. to 3:30 p.m.
- **Monday, December 14 2026** from 9:00 p.m. to 12:00 p.m. (Part 1) and **Tuesday, December 15, 2026** from 9:00 p.m. to 12:00 p.m. (Part 2). This is a split class. Must attend both sessions to receive certification.

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.

