Exclusive Umbrella of Colonie Member Benefits

Umbrella Luncheon

Umbrella Members & Handymen are ALL invited!

March 20th @ 12:00pm

At the Beltrone Living Center

As an Umbrella Member you not only receive wonderful benefits such as a free 17 -point home inspection, installed & inspected Carbon Monoxide, Smoke Detectors and a 24-hour answer phone line. You also receive deep discounted services through licensed professional contracting services, such as electricians, plumbers, roofers and independent contractors.

What other discounts would you like to have as an Umbrella Member?
Bring your ideas and suggestions to the next Umbrella Luncheon. If you are unable to make the lunch on the 20th, we would love to hear your comments by email ~ gkoehler@colonieseniors or by phone ~ 459-7152.

Presenter ~ Hector Jasen MSPT

Strategy techniques to reduce pain, self-management of symptoms, appropriate exercises, preservation of functional mobility, ways to maintain healthy joints and more…

Lunch ~ Turkey a la King Over Biscuit, Broccoli & Ice Cream

You won't want to miss this wonderful event, so reserve your spot today by calling **459-2857 ext 303 by March18th.**

If you need transportation please call Larry Conaway at 459-6064 by March 14th

Both the dining program and transportation services are supported by voluntary contributions.

umbrella OF COLONIE

459-7152

Major funding provided by

CAP COM Federal Credit Union

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Colonie Senior Service Centers
6 Winners Circle
Colonie, New York 12205
(518) 459-7152
umbrella@colonieseniors.org

March 2012

More than just home maintenance . . .

under the
umbrella
OF COLONIE

. . . it's peace of mind for our members.

CONTACT JIM FOR A **FREE HOME ENERGY AUDIT**
SPONSORED BY NYSERDA
****SAVE ENERGY****

Umbrella members...

We have students from several local colleges who have volunteered to help you get your yards ready for the warm weather!

Students from:

Albany College of Pharmacy and Health Sciences, SUNY Albany and Siena College are ready to help with your Spring yard clean up (raking, sweeping, cleaning out garden beds), setting out lawn furniture, mowing, etc. to help you get ready for Spring & Summer.

We will have teams of 3-4 students available for 2-4 hours blocks of time

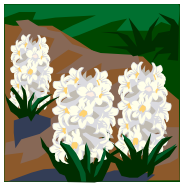
Friday, March 23rd

Saturday, March 24th

Saturday, April 14th

Saturday April 28th

Call Jim at 459-7152 for more information and to schedule a date and time, please be prepared with a list of what you would like to have done.



4th Annual Home Maintenance Fair

Thursday, April 26, 2012

10:00am to 1:00pm

In addition to exhibits from businesses and supportive services for senior homeowners, there will be mini-seminars on a variety of home maintenance tips, door prizes, and refreshments.

Beltrone Living Center
6 Winners Circle
Colonie, NY 12205

Trips In March

March 20th
Goldie's MVP Concert at Proctors
$20 includes transportation & lunch

March 21st
Black Pearl Sings at
Capital Rep $35 includes transportation

For information & to RSVP today
459-2857 ext. 303

Reliable • Capable • Affordable