



Senior Moments

MARCH 2019
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*A joint publication of the Colonie Village HBK Senior Center
& The Thunder Road Seniors Club*

**Village of Colonie
HBK Senior
Citizens Center**
2 Thunder Road
Colonie, NY 12205
Hours: 8:45 - 4:00 PM
Phone: (518) 869-7172
E-mail: seniorcenter
@colonienvillage.org

Senior Center Staff
Chrissy Lanza,
Recreation Leader
Ginny Ritz,
HBK Receptionist

Kitchen Staff
To order lunch call
518-869-7172.

Holly, Mike, Henry,
Pat, Lennie, Madison

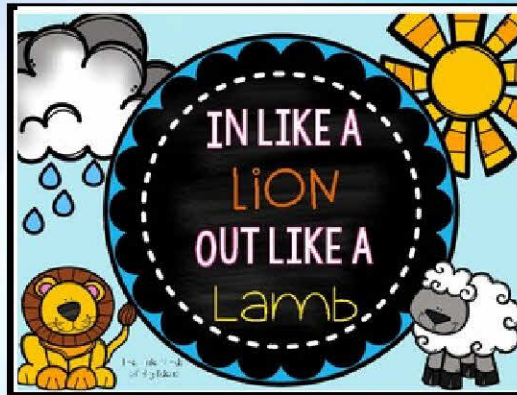
**HBK Senior Center
Transportation Services**
(518) 869-7172

Village of Colonie
Frank A. Leak, Mayor
Deputy Mayor, Ed Sim
Trustee, Tom Tobin
Trustee, Jack Murphy
Trustee, Patty Schwarz -
Lockart,
(Senior Center Liaison)

Thunder Road Seniors
www.TRSeniors.org
E-mail:
ThunderRoadSeniors
@gmail.com
Members meeting:
First Tuesday each month
at 10am

**Editors: Alex Hart &
Alida Van Dyke**

March is 'Prevent Pets from Poisons' month.
Each year thousands of pets suffer or die from
accidental ingestion of human meds, toxic plants
and household poisons.



Be Happy..
Enjoy every moment
of your life..
Life is too short to
waste on grudges..
Laugh when you can,
Apologize when you
should..
and let go of what you
can't change..



REMEMBER: When it snows check TV Channels 6, 9, 10
or 13 for information. If South Colonie Schools are closed or
have a two hour delay; "HBK Senior Center" will be closed.

The Village of Colonie supports and maintains the Center financially, provides for the services of a recreation Leader and general oversight. At all times, the rules and regulations set forth by the Village Board must be heeded and observed.