



## Colonie TV Program Descriptions

Wednesday, May 31 to Jun 06, 2023

<b>Albany County News</b> <i>with Mary Rozak</i>	Mary is joined by Toni Lynn, Chief Experience Officer with Community Resource Federal Credit Union, to talk about the credit union, its history, shared branching and more.
<b>Getting to Know You</b> <i>with Joe Nash &amp; Elissa Valente</i>	Joe talks with Randy Patten, a map enthusiast and trustee of the Historical Society of the Town of Colonie, about rare historic colonial maps of New York State. <i>(Throwback Episode)</i>
<b>Health &amp; Wellness with</b> <i>Paul Drezelo</i>	Paul chats with Dr. Robert Fox about "The Vision and Learning Connection."
<b>Library Book Review with</b> <i>Joe Nash</i>	Lisa Witkowski reviews <i>Bad Mother: A Chronicle of Maternal Crimes, Minor Calamities, and Occasional Moments of Grace</i> by Ayelet Waldman. <b>AND</b> Gerald Fitzgerald presents on his book <i>Seat of Power</i> which draws on years of research on the Knights Templar and political structures.
<b>Meet the Author with</b> <i>Joe Nash</i>	Joe talks with Norm DeLap, author of <i>But I Can't Shoot Straight, Really!</i> , a look back at life in Colonie during the 1940s and 1950s, plus his time in the Vietnam War.
<b>Mental Health Now with</b> <i>Matthew Shapiro</i>	Matthew welcomes Lloyd Sederer, M.D. to preview his book, <i>Improving Mental Health: Four Secrets in Plain Sight</i> .
<b>Miscellaneous</b>	Death with Dignity-Albany presents "Getting Your Affairs in Order: Part 1, Organize and Declutter" with Lynda Shrager.
<b>New York Cider with</b> <i>Sonya del Peral</i>	Sonya welcomes Jenn Smith, Executive Director of the New York Cider Association. <b>AND</b> Sonya and Ian Merwin, from Black Diamond Farm, take an interesting look at the cider making process and apple varieties.
<b>Story by Story</b> <i>Just the Stories</i>	Just the Stories: Volume 31...Bonnie Mion, Betty McCanty and Mary Murphy each share a story. <b>AND</b> Just the Stories: Volume 32...Anne Marie McLaughlin and Kate Dudding share a few tales.
<b>Young at Heart with</b> <i>Tom Scarff</i>	Tom discusses gambling disorders in the senior population with William Hill and Carla Clayton from the Center for Problem Gambling.
<b>Storytimes</b>	Join the youth services staff each weekday at 9am and 7pm for stories, songs, fingerplays and fun. This program is for children of all ages.