



Colonie TV Program Descriptions

Wednesday, May 24 to May 30, 2023

Albany County News <i>with Mary Rozak</i>	Mary presents an update with Jill Delaney from Discover Albany, taking a look back at how the COVID epidemic played out and how the future looks for tourism, sports and conventions in Albany County.
Getting to Know You <i>with Joe Nash & 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>
Health & Wellness with <i>Paul Drezelo</i>	Paul welcomes Dr. Amy Cole, ND, Naturopathic Doctor, for a discussion of naturopathic medicine.
Library Book Review with <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. AND Alex Bunin, Federal Public Defender for the Northern District of New York reviews <i>Ordinary Injustice: How America Holds Court</i> by Amy Bach.
Meet the Author with <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.
Mental Health Now with <i>Matthew Shapiro</i>	Matthew Shapiro discusses housing issues for people in recovery with Tiffany Monti, Peer Advocate, and Antonia Lasicki, Association for Community Living.
Miscellaneous	Death with Dignity-Albany presents "Getting Your Affairs in Order: Part 1, Organize and Declutter" with Lynda Shrager.
New York Cider with <i>Sonya del Peral</i>	Sonya explores the world of the cider industry in New York State with Karl duHoffmann from Orchard Hill Cider Mill. AND Sonya welcomes Jenn Smith, Executive Director of the New York Cider Association.
Story by Story <i>Just the Stories</i>	Just the Stories: Volume 10...A sampling of stories by Kelvin Keraga and Muriel Horowitz. AND Just the Stories: Volume 31...Bonnie Mion, Betty McCanty and Mary Murphy each share a story.
Young at Heart with <i>Tom Scarff</i>	Tom welcomes Denise Kolankowski, Registered Dietitian with the Albany County Department for Aging, to discuss nutrition.
Storytimes	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.