



Sidney Albert
Albany JCC

Full Name
Address
City, State Zip

Dear Salutation,

The stories recounted by Albany JCC members all share one thing: experiences so powerful they result in lifelong friendships and memories that contribute to who our members are and how they interact with their worlds.

Pat, Mary, and Esther's stories, as told to CEO David Posner:

It's hard to imagine any more enthusiastic participants in the Albany JCC's Massry Family Senior Center's Adult Programs than, Pat, Mary, and Esther. The self-proclaimed "Three Musketeers" can regularly be found attending a JCC program or enjoying lunch our congregate lunch.



Mary, Pat, and Esther

Originally from East Greenbush, Pat Palmer began her JCC journey when a friend invited her to the Congregate Meal Program. Pat enjoyed the food, company and from her first dinner, was hooked. When she decided to move, she chose a condo in Whitehall Station, walking distance to the JCC. Pat also regularly attended the JCC's program to help pre-diabetic adults and share that experience, and others, with a new best friend, Mary.

Mary Going, a fellow Capital Region native from Amsterdam, moved to Albany with her husband after their adult kids no longer lived at home. Following his passing, she worried about how she would fill her life with meaning. Her concerns were short lived once Pat, and then Ester, came into her life through the pre-diabetes program, the meal program, and all the programs they attended together, and still do.

When asked about what Jewish activities they enjoyed, they all referenced the Chanukah dinner and Program in December. They loved Rabbi Ami, and they continue to enjoy opportunities to learn more about Jewish traditions.

Esther Miklic couldn't join the pre-lunch conversation with her buddies but was there at the lunch program with seats saved. I got a picture of the three of them together, in the auditorium of their favorite place in the whole world, the Albany JCC.

Their stories, like hundreds like them, reflect the magnitude of diversity of the JCC's programs, activities, and experiences. **Please consider making a generous contribution to the Albany JCC's Summer appeal.** Your support will help us continue to thrive and provide care for our ECE families, fitness families, and of course for our older adults like Mary, Pat, and Esther, who consider the Albany JCC their second home.

With heartfelt gratitude,

Dave Colman, Board President



David Posner, CEO