



Clifton Park Senior Community Center

Volume 1, Issue 3

Monthly Newsletter

May 2017

Clifton Park Senior Community Center

6 Clifton Common Ct
Clifton Park, NY 12065
(518) 383-1343
www.cliftonpark.org

Center Hours

Monday—Friday
9am—4pm

*Facility and room rental
available for special
events.*

Center Closings

Wednesday, May 24th

*Sherwin-Williams
Community Day*

Monday, May 29th

Memorial Day

Welcome to the Town of Clifton Park's third Clifton Park Senior Community Center Newsletter. April was busy at the Center as we continue to add new programs and activities each month. In May, Soul Line Dancing will begin, free to Center Members, courtesy of our program sponsor CDPHP. We also want to thank CDPHP for sponsoring the Golf League in 2017. Thanks to CDPHP, the annual entry fee for the Golf League, will be waived for Center Members. We have been fortunate to attract a tremendous amount of support from sponsors in the last few months. The Center's major sponsors are Capital Bank, Fairways of Halfmoon, CDPHP, Donnellan and Knussman-Attorneys at Law and Townley and Wheeler Funeral Home. Please join me in thanking our sponsors as their support defrays the cost of services and programs and provides funding for other priorities. We also welcome the Alzheimer's Association in May as the organization will offer support and important information, free of charge, to interested members. We are currently working on plans for new programs and activities for June and beyond. We will have more exciting announcements in the near future.

We also want to thank two companies that will be working at the Center in May to beautify the facility. Employees of SmartWatt will be volunteering their time to provide landscape services. Sherwin Williams employees will be volunteering their time to paint various internal areas of the Center on May 24th. **Please note, for everyone's safety, the Center will be closed on May 24th.**

The Center is very fortunate to have dedicated volunteers working everyday at the facility. We recently completed a successful year of offering tax return services to many people in our community. Led by Ron Neu, the team consisted of Vern Symes, Jan Holick, Nancy Cavallaro, Nick Cilento and Steve Therrien. Great job Team!! The incredible volunteers that worked hard to make our book sale a success are a blessing to the Center. Led by Barb Fingar and Maureen Castlegarde, the team was responsible for raising \$1500 for the Center. Great job ladies!

It has been an honor for me, Raina and our team at Town Hall to work with all of you the last few months. We will continue to work toward making the Center the best facility of its kind in New York State!

Phil Barrett
Town Supervisor



Thank You!

A special **thank you** to all our volunteers who helped to make our **Spring Book Sale** a huge success. Our dedicated volunteers spend countless hours throughout the year in preparation of this event. It is very much appreciated!

Clifton Park Senior Community Center News & Events

Registration is FULL for the **AARP Defensive Driving Course** to be held on May 17, 2017, from 9:00am-4:00pm (lunch 11:55-12:45pm)
Please remember to bring your Drivers License to the class

The next AARP Defensive Driving Course will be held on Wednesday, July 12, 2017.

Bocce Begins May 1st



Bocce season begins on May 1st and will be held every Monday & Wednesday at 10 am (weather permitting). Members of the Clifton Park Senior Community Center are encouraged to join us for a casual, friendly game. All levels

are welcome. Please meet us at 9:45 am at the bocce courts behind the Senior Center. Any questions, please contact Pat Wade at (518) 877-4846.

Visit our Community Partners

Show your Senior Center membership card and enjoy discounts offered by these businesses:

Clean Cut Lawn Care

John McDonough - 879-9267
10% off Lawn Mowing/Trimming

DiNapoli Opticians

19 Clifton Country Road - 373-0003
15% off Eyeglasses

Sushi Thai @ The Park

1707 Route 9 - 348-0100
10% off

Excludes Fridays, Saturdays & Holidays
Valid for Dine-In Only & excludes alcohol/gift cards

Soul Line Dancing
will begin in May and will be sponsored by:



The **MOVIN' AND GROOVIN'**
6-week Session will be held on
MONDAYS from 2pm – 3:30pm
on the following dates:

May 8th
May 15th
May 22nd
May 29th – NO CLASS
June 5th – NO CLASS
June 12th
June 19th
June 26th

This 6-week session is offered only to members of the CPSCC and is free of charge due to the generous sponsorship from CDPHP.

Please Register at the Front Desk

Soul Line Dancing is choreographed dancing to Motown, R&B or pop music. We use music such as: The Temptations; Michael Jackson; and even Elvis and Frank. We have "no rules" in our dancing! We teach easy to learn routines, but we encourage individuality and creating *your own* interpretation. It is "*Exercise in Disguise*" and a great stress reducer. It can be done by men and women of all ages and *no partner* needed. You don't necessarily need any dance experience, but it is helpful to be able follow some basic dance steps without detailed instruction. You may be familiar with dances such as the Electric Slide, Cupid Shuffle, or the Wobble. We'll learn those dances and expand with other easy to learn funky routines that you'll see at weddings and parties. Join us for this *no pressure fun class* and you'll Dance with your Heart and feel your Soul.

Dancing with  Dancers of B Spa

Clifton Park Senior Community Center News & Events

Calling all Gardeners



Do you have a green thumb? Can you spare some of your time to help with some gardening prep at the Senior Center?

With the weather warming up, your help with the outside area is invaluable and much appreciated.

Please contact the front desk if you are interested.

The CPSCC Senior Golf League is starting up again for the 2017 season. Play will begin Thursday, May 4th at 8am at the Clifton Park Barney Road Golf Course. League membership fee has been waived due to the generous sponsorship of:



Center membership is required.
Please stop by the front desk to register.

Scrapbooking Workshops

Friday, 5/26: 10am - 12 noon

Friday, 6/23: 10am - 12 noon

\$5/member for each 2-hour workshop, which will cover supplies.

Limited spots available. Registration at the Front Desk is Required.

Please bring your photos, own scissors & adhesive



Southern Saratoga Artists' Society

"A Society for the appreciation of the Visual Arts"

DO YOU ENJOY ART?

If you like to paint, draw, take pictures or collect art, join us and meet others who share your interest. We are the Southern Saratoga Artists' Society and we meet at 6:30 pm on the 3rd Monday of the month at the Clifton Park Senior Community Center.

For more information, please call:

Bill or Diane at 518-899-6481

or

visit our website at:

<http://www.southernsaratogaartist.com>

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Town of Clifton Park Open Space & History Weekend

May 12-13, 2017

**Bring the grandkids to
Celebrate the Town of Clifton Park's
Erie Canal Bicentennial History &
Nature in Vischer Ferry**

- Saturday, May 6, 1:30 PM – 3:30 PM Wildflower Ramble
Led by Dave Behn. Vischer Ferry Nature & Historic Preserve, Whipple Bridge.
- Friday, May 12, 6-8 PM – Erie Canal Exhibit Opening
At Historic Grooms Tavern, Reception at 6 PM. Talk at 7 PM by Town Historian John Scherer. Grooms Road and Sugar Hill Road.
- Saturday, May 13 – All day Event in Vischer Ferry
Guided hikes, walking tours, geocaching & orienteering. Exhibits, Music, Food & Refreshments



YMCA Days

As a member of the Clifton Park Senior Community Center, you have free access to the Southern Saratoga YMCA on every **1st and 2nd Wednesday** of the month. Center members must be in good standing and show their valid membership card at the Y's front desk.



Medicare Presentation Tuesday, May 16th at 10:00 am

A licensed Medicare Products Advisor from MVP Health Care will conduct an educational Medicare presentation.

Discussions will include Medicare Basics: Know your Medicare A, B, Cs & D. They will define Medicare, discuss the four parts of Medicare, enrollment/disenrollment periods, different types of plans, and penalties.

A free Medicare Basics handbook will be provided to all participants.

Microchip Your Dog or Cat!

When: Sunday, May 21, 2017

Where: Clifton Park Public Safety Building
(corner Maxwell & Route 146)

Time: 10:00 am—12:00 pm

Cost: \$20 - for a life time of protection

*For more information call
Clifton Park Animal Control at 371-6756*



Learn-to-Fish Day in Clifton Park!



Saturday,
May 6, 2017

9 AM — 1 PM



Barney Road Park & Pool — Eastern Shoreline
One Barney Road, Clifton Park, NY 12065

NYS DEC FISHING CLINIC

Open to All Ages!

Bring Your Grandkids!

Call 371-6054 for more info



Clifton Park Senior Community Center News & Events

New July Date!

AARP Smart Driver Course

Wednesday, July 12, 2017

9:00am-4:00pm

Clifton Park Senior Community Center

Seats Available: 30

- Cost: AARP Members: \$20
Non-Members: \$25
- Reservations must be paid in advance by check or money order. CASH NOT ACCEPTED.
- Checks must be made payable to AARP
- A copy of AARP Membership Card is required to accompany payment.
- Preference for attendance will be given to members of the CPSCC.
- After the 30 attendees are selected, others wishing to attend will be put on a waiting list or will be called to fill any cancellations for the July 12, 2017 class.
- Please bring your drivers license to class.

Refunds:

- Checks or money orders will be voided only if cancellation is given 3 business days in advance. Notification for cancellation must be received by July 5, 2017 for the July 12, 2017 class.
- Failure to cancel or not show for class will result in individual being placed on waiting list.

Participants attending the **AARP Smart Driver Course** are invited to the Center's **Congregate Lunch**
11:55am—12:45



- No charge for individuals over age 60.
- Fee for individuals under 60 is \$6.
- All **first time** participants must sign up for meal in advance by filling out form. Forms are available in the kitchen between the hours of 9:45 am to 11:45 am. Identification required. Participants must call kitchen the day before the class between the hours of 9:45am and 11:45am to verify they are having lunch the following day.
- Those participants over 60 years of age will receive a voluntary donation notice from the office for the aging.
- Participants under the age of 60 years will make their check payable to NDLC/o Saratoga County Office for the Aging. Must be paid in advance to site manager (Roe), Check or cash accepted.

Coffee provided to attendees eating lunch at center.

Vending machines will be available for soda, water, & snacks



Clifton Park Senior Community Center News & Events



Spring Concerts

Come and hear the wonderful music of these talented musicians and singers who rehearse here at the Center every week preparing to entertain you.

Orchestra on the Common Concert

Friday, May 19th
1:00 pm - 2:00 pm

CPSCC Senior Chorus

Thursday, May 25th
1:00 pm—2:00 pm

Swing Band

Monday, June 5th
1:00 pm—2:00 pm

The Greg Nazarian Dance Band Saturday, May 13th 7:00pm

Come dance and enjoy the music of this 17-piece Dance band playing the sounds of Artie Shaw, Glenn Miller, Benny Goodman, Duke Ellington, and more. The cost at the door is \$10 per person, \$5 for members. Proof of membership will be required for the \$5 rate.

Music for All Ages Brian Zapel Dance Sunday, May 28th 7:00pm

Join DJ Brian Zapel for music and dance at the Senior Center. The cost is \$5 per person at the door.

RED HAT MAMAS

**May 10th, 12pm , Brickhouse Pizza & Grill,
5 Clifton Country Road, Clifton Park**

**June 14th, 12pm , Lake Ridge Restaurant,
35 Burlington Ave, Round Lake**

For information call or Jackie at (518) 630-5796
If your last name begins with A-L or Betty at (518)
371-8475 if your last name begins with M-Z.
*Red Hat Mamas meet at 12 noon on the 2nd
Wednesday of each month*



SINGLES LUNCH BUNCH

**May 20th, 12:30 pm, Johnny Rockets,
89 Six Flags Drive, Queensbury, NY**

Contact Sandy at (518) 399-5812 for information.

A name you can trust.

For information, call
(518) 641-3400 or 1-888-519-4455
TTY/TDD (518) 641-4000

From October 1 through February 14, a representative will be available to speak with you from 8 a.m. to 8 p.m. seven days a week. A representative will be available to speak with you from 8 a.m. to 8 p.m. Monday through Friday the rest of the year.

CDPHP® is a health plan with a Medicare contract. Enrollment in CDPHP Medicare Choices depends on contract renewal.

Capital District Physicians' Health Plan, Inc.
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Y0019_16_0864 Accepted



Healthy Living for Your Brain and Body Tuesday, May 9th at 10:30 am - 12noon

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline.

To help people age well, the Alzheimer's Association® is offering the *Healthy Living for Your Brain and Body: Tips from the Latest Research* program. This workshop covers four areas of lifestyle habits that are associated with healthy aging: Cognitive activity; Physical health and exercise; Diet and nutrition; Social engagement.

In each area, we will discuss what we know, drawing on current research, as well as what we can do — steps to take now to improve or maintain overall health in each area.

Healthy Living for Your Brain and Body: Tips from the Latest Research is designed for individuals of any age who are looking for information on ways to age as well as possible.

Know the 10 Signs: Early Detection Matters Tuesday, May 23rd at 10:30 am - 12noon

The warning signs of Alzheimer's disease are often dismissed as inevitable parts of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection is the key to improving quality of life for anyone affected by memory impairment. Attend this interactive workshop to learn the 10 Warning Signs of Alzheimer's disease where we separate myth from reality and address commonly-held fears about Alzheimer's and dementia. Hear from people who have the disease and find out how to recognize the signs in yourself and others. *Appropriate Audience - Anyone who is interested in learning the warning signs of Alzheimer's, and a little information about Alzheimer's disease.*

These programs are free of charge, but registration is required. Please register at the front desk or call (518) 383-1343

Town of Clifton Park Senior Express

- Riders must be 50 years of age or older and live in the Town of Clifton Park.
- A wheelchair lift is available.
- Those needing assistance must be accompanied by an escort.
- Adult handicapped persons under 50 years of age will be considered on a time available basis.

Monday, Tuesday & Thursday:

Medical appointments to the following areas: Albany, Schenectady, Troy, Ballston Spa, Saratoga, Mechanicville and Latham.

Wednesday & Friday:

Clifton Park shopping and local appointments only.



For more information call
Senior Van Dispatch
at 371-4444
9:00am – 1:00pm

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Golf Outings, Wedding Rehearsal Dinners

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Clifton Park Senior Community Center News & Events

Community Hospice *Living With Loss*



The Community Hospice's *Living With Loss* program is a free bereavement support group for anyone who is grieving the death of a family member or friend. The Town is partnering with Hospice to provide this program on a continual basis throughout the year.

The one-hour program will be held on the first Wednesday of every month, with the next class to be held on **Wednesday, May 3rd at 11am.**

Please plan to attend the Center's Congregate Lunch after the program.

Please register for the program by contacting the front desk.

Diabetes Support Group

Please join us for the Center's Diabetes Support Group, facilitated by Saratoga County Public Health Services. We cover topics such as diabetic skin and foot care, appropriate fat intake, ways to exercise and keep moving, and much more! Our group meets the **1st and 3rd Fridays** of every month, from 11 a.m. to 12 p.m. Speakers with a variety of specialties will be present to discuss tips for diabetics and to answer questions. This is a great chance to network with some of your peers who also have diabetes.

May 5th:

Capital District YMCA
Topic: Exercise for Seniors

May 19th

Dr. Heather Chang, Ophthalmologic Consultants
Topic: Diabetic Eye Care

June 2nd:

Diane Whitten, Cornell Cooperative Ext. Saratoga
Topic: Nutrition

LIVING WITH A CHRONIC CONDITION? THERE'S HELP!



The Chronic Disease Self-Management Program is an amazing, evidence-based workshop, created by Stanford University, enabling those living with chronic disease to regain control of their lives. Many essential, valuable skills and techniques are taught in this program to educate and empower those living with chronic conditions as well as those caring for them. Participants will receive a free book entitled *Living a Healthy Life with Chronic Conditions*.

This free, life-changing, 6-week workshop series, will meet from 1:00-3:30 at the Clifton Park Senior Community Center located at 6 Clifton Common Blvd. on Wednesdays beginning May 17th. The rest of the dates are as follows: May 24th, 31st, June 7th, 14th, and 21st. Participants are welcome to join in the Saratoga County Congregate 60+ Dining Program for lunch at noon courtesy of Saratoga County Office for the Aging. Please register by noon one day in advance by calling 383-1343 and ask for the kitchen. Menu information is available upon request.

**Please call Jen Buscema at 884-4110 for more information and to register for the workshop.
Be sure to call soon as classes fill up quickly.**




The Saratoga County Office for the Aging is funded under Title III of the Older Americans Act, as amended, the New York State Office for the Aging and the County of Saratoga.

Clifton Park Senior Community Center News & Events

Congregate Lunch Served Monday-Friday 12 pm

Saratoga County Office for the Aging offers hot lunches daily at the Center with advance reservations. Daily lunches are prepared by Northeast Dining & Lodging (NDL). Participants must be at least 60 years old. **First time participants must complete a registration form.** Registered participants must call to make a reservation, **no later than 11:45 am**, the day before attending for lunch. Participants will receive a monthly contribution letter with a suggested contribution of \$2 per meal. Those under the age of 60 are allowed, but must be accompanied by a senior and pay a \$6 fee. Menus are available at the Center. Please contact the Center at (518) 383-1343, for more information.

SARATOGA COUNTY OFFICE FOR THE AGING-May 2017 HOME DELIVERED MEALS 363-4020 or 363-4033

Monday	Tuesday	Wednesday	Thursday	Friday
1 Roasted Pork w/Gravy Sweet Potato Cubes Cabbage Applesauce	2 Chicken & Pasta Primavera Broccoli Garlic Roll Peaches	3 Baked Fish w/Creamy Dill Sauce Brown Rice Spinach Pears	4 Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Orange Whip	5 Chicken Salad Cold Plate Potato Salad Beet & Onion Salad Pineapple
8 Meatball Sub Yellow Squash Cauliflower Fruit Cocktail	9 Pork Loin w/Fiesta Sauce Mashed Potatoes Mexican Corn Honeydew Melon	10 Ranch Chicken Salad Marinated Vegetable Salad Dinner Roll Peach Crisp w/ Whipped Topping	11 Strip Sausage w/Peppers & Onions Red Bliss Potatoes Wax Beans Cantaloupe	12 <i>Mother's Day</i> <i>Special</i> Chicken Marsala Cheddar Mashed Potatoes Country Spiced Butternut Squash Dinner Roll Chocolate Chess Pie
15 Baked Fish w/Creamy Dijon Sauce Red Bliss Potatoes Green Beans Chocolate Pudding w/Whipped Topping	16 Chicken Alfredo Penne Pasta Italian Style Vegetables Pears	17 Seafood Salad Cold Plate Pea Salad Dinner Roll Tropical Fruit	18 Oven Fried Chicken Mashed Potatoes Vegetable Trio Pineapple	19 CLOSED 
22 Ginger Glazed Pork Rice Broccoli Peaches	23 Chop Steak Parmesan Pasta Italian Green Beans Chocolate Chip Cookie	24 Macaroni & Cheese Stewed Tomatoes Brussels Sprouts Yogurt	25 Chili Mixed Vegetables Cornbread Applesauce	26 BBQ Chicken Baked Sweet Potatoes Cauliflower Fruit Cocktail
29 CLOSED 	30 Italian Stew Turnip Greens Dinner Roll Mandarin Oranges	31 Chicken w/ Creamy Lemon Sauce Rice Prince Edward Vegetables Cantaloupe		

Menu Subject To Change

Coffee, Tea and Butter are served daily at sites. The suggested contribution is \$2 per meal. There is a \$6 fee for guests under the age of 60. Please make checks payable to: Northeast Dining and Lodging, c/o Saratoga County Office for the Aging, 152 West High Street, Ballston Spa, NY 12020

Clifton Park Senior Community Center News & Events



Daily Activity Calendar

(*denotes free activity/class for members)

Monday	Tuesday	Wednesday	Thursday	Friday
Tap (Int. II) 9-10 am Bocce* (May - Oct) 10-12 pm Chair Yoga 10-11 am (On Hold) Jazz 10-11 am Discussion Group* 10:30-12 pm (2nd, 4th Mon) Congregate Lunch* 12 pm Clogging 12-1:30 pm Dominoes* 12:30-3 pm Quilting Guild* 1-3 pm Osteo-Exercise* 2:30-3:30 pm	Exercise to Tapes* 8:45- 9:45 am Pinochle* 9-12 pm Pool & Billiards* 9-12 pm Tai Chi 10am -11 am Duplicate Bridge Lesson 10:00 -11:00 pm Duplicate Bridge 11:30 -3:30 Congregate Lunch* 12 pm Scrabble* 1-4 pm MVP Dance Moves* 1-1:45 pm (Seasonal) Bocce* (May - Oct) 6-8 pm	Exercise to Tapes* 8:45- 9:45 am Senior Investment Club 9:15-11 am (1st , 2nd Wed.) Bocce* (May - Oct) 10 - 12 pm TOPS* 10-11:30 am Memories to Memoirs* 10-11:30 am Social Bridge* 10-12 pm Living with Loss* 11-12:00 pm (1x/month) Congregate Lunch* 12 pm Hand and Foot* 12 - 3:30 pm Poker* 1-3pm Crocheting & Knitting* 1-3 pm Osteo-Exercise* 2:30-3:30 pm	Exercise to Tapes* 8:45- 9:45 am Pool & Billiards* 9-12pm Chorus 10:00-11:30 am Watercolors & Sketching 10-12:30 pm Legal Assistance* - by appt. 10- 12pm (3rd Thurs.) Seton Health "Seniorcize"* 11-12 pm (Seasonal) Duplicate Bridge 12:00 - 4:00 pm Congregate Lunch* 12 pm Pinochle* 12:30-4 pm BUNCO* (3rd Thursday) 1- 3 pm Mah-Jongg* 12:30 - 4 pm	Orchestra 9-10:55 am Woodcarving* 9-12:30 pm Tap Advanced 9-10am Dominoes* 10-11:30 am Ballet 10-10:45 am Big Band 10:55 -12:20pm Congregate Lunch* 12 pm Diabetes Workshop* 11am-12pm (1st & 3rd) Beading Buddies 1-2 pm Scrabble* 1-4 pm Osteo Exercise* 2:30-3:30 pm

All dates are subject to change.

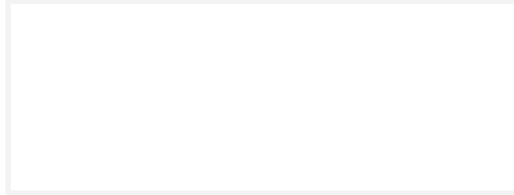
Please contact the Front Desk at (518) 383-1343 to verify event dates, sign up for classes, confirm session start dates or to make an appointment.



Clifton Park Senior Community Center
6 Clifton Common Court
Clifton Park, NY 12065
(518) 383-1343

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TO: CURRENT OCCUPANT OR



Town Staff Directory

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Town Board Members	371-6651
Animal Control Officer	371-6756
Town Attorney Tom McCarthy	371-6651
Assessor Walter Smead	371-6460
Building & Development Director Steve Myers	371-6702
Building & Grounds Director Mike Handerhan	371-6651
Town Clerk Pat O'Donnell	371-6681
Town Court - 5 Municipal Plaza	371-6668
Town Comptroller Mark Heggen	371-6651
Storm Water Management Technician Scott Reese	371-6054
Highway Superintendent Dahn Bull	371-7310
Parks & Recreation Director Myla Kramer	371-6667
Planning Director John Scavo	371-6054
Receiver of Taxes Chris Pagniello	371-5720
Director of Safety & Security Lou Pasquarell	348-7311
Town Security Officers	369-6651
Sewer Director Mike O'Brien	348-7313
Transfer Station Supervisor Jeff Vedder	371-6669
Senior Community Center	383-1343

Email your Town Board

Supervisor Phil Barrett
pbarrett@cliftonpark.org

Deputy Supervisor Lynda Walowit
ly@cliftonpark.org

Councilman Jim Romano
jromano@cliftonpark.org

Councilman James Whalen
jwhalen@cliftonpark.org

Councilman Amy Standaert
astandaert@cliftonpark.org

If the person you wish to reach is not on the list above, please call 371-6651 to speak to a receptionist who will direct your call to the appropriate individual or department. The Town's office buildings are open from Monday through Friday, 9 AM to 5 PM, excluding holidays. The Town Clerk's office is open until 7:00 PM every Thursday. The Building and Parks and Recreation Departments open at 8:00 AM Monday through Friday.