



Clifton Park Senior Community Center

Volume 1, Issue 5

Monthly Newsletter

July 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

Tuesday, July 4th
Independence Day



Summer has arrived and the Clifton Park Senior Community Center is busier each month as the Town Board continues to add programs and activities. The new, free Paint and Pastries, Soul Line Dancing and CPR classes have been very popular. We also thank our new partner, The Alzheimer's Association, for beginning their new workshop series. Center sponsor Capital Bank provided members important information about planning for the future in the first installment of the Center Informational Speaker Series. Please see information in this newsletter about a day trip to The Lake Theatre, for lunch and a show in August.

We have recently highlighted some of the Center's tremendous volunteers. I would also like to thank Town staff that has worked hard to ensure a smooth transition as the Town assumed operational responsibility in December of 2016. Raina Munafo has been an integral part of the transition and continued positive growth of Center programs. Unfortunately, Raina will be reducing her hours at the Center, but she will remain an important member of the team on a part time basis. We will soon be announcing the hiring of a new Director and other staffing changes. Thank you Raina!

The Center's future is bright and the inside of the Center has become brighter, through the installation of new lighting. The lighting improvements were completed through a National Grid incentive program. The Center will reduce energy consumption and save on energy costs, through these upgrades. The new lighting coupled with the internal painting that was donated by Sherwin Williams, have given the Center new life. We will soon be replacing the flooring in the lobby and game room as well.



We continue to work on new ideas for programs and activities at the Center in addition to the new activities we have added each month. We appreciate the suggestions members have provided on a regular basis. Thank you for your continued support!

Phil Barrett
Town Supervisor





Clifton Park Senior Community Center

The Lake Theatre in Lake George Presents Neil Simon's "Last of the Red Hot Lovers"

Middle-aged, Married Barney Cashman wants to join the 1970's sexual revolution before it's too late so he arranges three seductions, all with hilarious yet charming consequences for both Barney and the three women he clumsily attempts to seduce. Delightfully hilarious and witty...a genuinely brilliant play"-NY Post

Tuesday, August 15, 2017

Bus Departs at 9:30am from the Clifton Park Ice Arena, 16 Clifton Common Blvd, CP
Estimated Return time: 4:30pm

Cost: \$60.00 members / \$70.00 non-members

(Includes all expenses: bus transportation, gratuity, lunch & matinee)

Seating for lunch begins at 11:15 am ~~~ Show begins at 1:00 pm

Please sign up at the front desk of the Senior Center or call (518) 383-1343 for more information.
Trip sign-up is on a first-come first-serve basis. Payment for trip must be made at the time of sign-up.
Deadline to sign-up is Thursday, July 20th

Name(s): _____

Address: _____

Phone number: _____ Emergency Contact number: _____

Member: YES NO Amount Received: _____

Please Select your lunch option:

_____ **Medallions of Beef** with Bordelaise Sauce served with roasted potatoes

_____ **Oven Baked Chicken Breast** with spinach, artichoke & cream cheese topped with roasted red pepper sauce, served with roasted potatoes (Gluten Free)

_____ **Broiled Atlantic Salmon** with a lemon and white wine sauce served with rice pilaf (Gluten Free)

_____ **Vegetarian Pasta** with sautéed vegetables over penne pasta

All entrees served with Salad, Rolls, Vegetables, Dessert & Coffee or Hot Tea

Visit our Community Partners

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

Clean Cut Lawn Care

Austin McDonough, Clifton Park - (518)879-9267
10% off Lawn Mowing/Trimming

DiNapoli Opticians

19 Clifton Country Road, Clifton Park - (518)373-0003
15% off Eyeglasses

Sushi Thai @ The Park

1707 Route 9, Clifton Park - (518)348-0100
10% off
Excludes Fridays, Saturdays & Holidays
Valid for Dine-In Only & excludes alcohol/gift cards

The UPS Store

5 Southside Drive, Clifton Park - (518)373-5848
5% off Shipping, 15% off all other Services
Excludes meter mail, postage & greeting cards

Core Chiropractic

377 Route 146, Clifton Park - (518)664-2673
10% off Chiropractic Services

Riverview Orchards

660 Riverview Road, Rexford - (518)371-2174
10% off total purchase per visit

Southern Saratoga YMCA

1 Wall Street, Clifton Park (518) 371-2139
Free Access every 1st & 2nd Wednesday of the month

The Cookie Factory

1705 Route 9, Clifton Park - (518)280-7644
10% off any baked item



Soul Line Dancing

June 26th at 2:00 pm will be the last day of the current 6-week Soul Line Dancing session.

We are happy to announce that we will be offering another 6-week session!

The **MOVIN' AND GROOVIN'** 6-week Session will be held on **MONDAYS from 1:15pm – 2:15pm** on the following dates:

July 17th
July 24th
July 31st
August 7th
August 14th
August 21st

This program is free of charge.

Please Register at the Front Desk

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Email: ravenswoodpub@outlook.com
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Volunteers from our Senior Center Book Sale were honored by the Clifton Park Town Board on Monday, 6/5/2017.

Getting and Staying Active for Life ***Tuesday, July 18th*** ***1:15pm—2:15pm***

CDPHP will sponsor this program which will address how physical activity can enhance quality of life and help maintain independence as we age. Recommendations and benefits of physical activity will be reviewed, along with community wellness resources and programs for older adults.

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

Registration is FULL for the **AARP Defensive Driving Course** to be held On July 12, 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 in September 2017.
Date To Be Determined.

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Clifton Park Senior Community Center News & Events

4 Week Chair Yoga Program

Chair yoga is a modified Yoga class suitable for those wishing a very gentle but effective practice. It is particularly helpful for individuals who have orthopedic, balance or other chronic health issues. Traditional yoga positions are modified with some done seated or using the chair as a prop or balancing aide, while doing a few more postures while standing. Please wear comfortable clothing. This class is led by Instructor Bonnie Furlong who is an RN with advanced Yoga Teacher certification.

Class Time: 9:30am – 10:30am
Class Dates: Mondays as follows:
July 10th
July 17th
July 24th
July 31st



Cost: \$28.00 for 4-week Program

Please register at the front desk or call the Center at (518) 383-1343.

Kinns Road Park Hike!

All Ages Welcome!

Fri., July 7, 2017

1 to 3 p.m.



Join the Town of Clifton Park Open Space, Trails & Riverfront Committee for a Guided, Stewardship Hike! Participants will help evaluate conditions / needs with the Open Space Coordinator and other volunteers from the Town's Stewardship Subcommittee. Please wear appropriate footwear and gear. **Hike starts at 1 p.m. and may last up to 2 hours.** Please arrive 10 minutes prior to start time.

Please kindly RSVP by calling (518) 371-6054. www.cliftonparkopenspaces.org

Witecki Law Office

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518.372.2827

Glenn J. Witecki, Esq.



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or

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for a free consultation every 3rd Thursday of the month.

Home visits available upon request

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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, July 5th 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.

July 7th: Meeting is Cancelled

July 21st: Speaker Dr. Michael Wayne will be here to discuss Acupuncture, Diabetes, and Pain.

Please register for the program by contacting the front desk.

Volunteers Needed!! Are you aged 55 or over and would like to join the Retired Senior Volunteer Program? We are seeking volunteers to help with the Saratoga County Office for the Aging Senior Meal Program held daily, Monday through Friday, at the Clifton Park Senior Community Center. Volunteers at this dining site work with the site manager to package the Saratoga County home delivered meals, serve the congregated meal and then help clear and clean-up. The primary times volunteers are needed are from approximately 9:30 a.m. to 12:30 p.m. Training is provided. If Interested, please call the Office for the Aging at (518) 889-4996.

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.

Center Gallery @ the Commons

Beautiful art work is displayed in the Community Room at the Center throughout the year, by local artists. If you are interested in purchasing an item or would like information on how to display your work, please contact Jay Freud at (518) 383-3421. **July/August Art Display to feature Artist Frank Colleta.** Frank is a color pencil artist. He also works in black and white with black pencils on white paper. Frank draws the things that he sees. He is a retired minister and lives in Clifton Park.

Clifton Park Senior Community Center News & Events



The Greg Nazarian Dance Band Saturday, July 15th 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, July 30th 7:00pm

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

Summer Book Sale August 19, 2017 9:00am-4:00pm

The next CPSCC Book Sale will be held on August 19, 2017 from 9:00am - 4:00pm. We will continue to accept donations of books and DVDs in good condition to sell at the event. Paperback books will be sold for \$0.50 and hardcover books will be sold for \$1.00. The bag sale portion of the event will be held from 3:00pm - 4:00pm. For additional information or if you would like to assist the CPSCC with this event please contact Barb at (518) 383-6370.



RED HAT MAMAS

**July 12th, 12pm, TGI Friday's,
1 Southside Drive, Clifton Park**

**August 9th, 12pm, Peddlers,
16 Clifton Park Village Road, Clifton Park**

Please RSVP by calling 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

July 15th, 12:30 pm, Location to be determined.

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.

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Clifton Park Senior Community Center News & Events



Legal & Financial Planning for Alzheimer's Disease

Tuesday, July 11th at 10:00 am - 12noon

This program is an interactive program where you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you. *Appropriate audience- Caregivers and/or family of individuals with dementia, or anyone interested in learning more about this topic*

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

Tea & Bingo on August 3rd 10am - 11am

A group of students from Shenendehowa High School will be here to offer a special Tea and Bingo game from 10am-11:00am. Refreshments will be served and prizes will be awarded. Please come for a delicious cup of tea or coffee, some tasty goodies and a fun game of Bingo. Bring your friends and enjoy this special time.



Please sign up at the front desk or call (518) 383-1343.

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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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To reach our manager or book an event call (518) 664-1578 Ext. 2

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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 12 noon**, 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-July 2017 HOME DELIVERED MEALS 363-4020 or 363-4033

Monday	Tuesday	Wednesday	Thursday	Friday
3 July 4th Special	4 CLOSED	5	6	7
Hot Dog w/Sauerkraut on Bun Baked Beans Potato Salad Patriotic Cake	Happy 4th of July	Smothered Steak A La King Oven Browned Potatoes Beets Mandarin Oranges	Chicken Alfredo Pasta Peas Pears	Tuna Salad on Wheat Bread Marinated Vegetable Salad Cottage Cheese Peaches
10		11	12	13
Chicken w/ Lemon Sauce Rice Brussels Sprouts Cantaloupe	Baked Fish w/Creamy Dijon Sauce Mashed Potatoes Vegetable Trio C Chocolate Chip Cookie	Pasta w/Meatballs Italian Blend Vegetables Parmesan Cheese Fruit Cocktail	Pulled BBQ Beef Baked Sweet Potato Cauliflower Applesauce	Turkey Salad Cold Plate Pasta Salad Tomato & Onion Salad Watermelon
17	18	19	20	21
Pork w/Curry Sauce Red Bliss Potatoes Carrots Pineapple	Honey Baked Chicken Rice Broccoli Tropical Fruit	Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Mandarin Oranges	Macaroni & Cheese Stewed Tomatoes Spinach Yogurt	Chicken Salad Cold Plate Potato Salad Beet & Onion Salad Fresh Fruit
24	25	26	27	28
Mexican Chicken Casserole Brussels Sprouts Warm Cornbread Pears	BBQ Sliced Pork Baked Sweet Potato Warm Escalloped Apples Coleslaw	Chicken Picatta Baked Potato w/Sour Cream Beets Peach Crisp w/Whipped Topping	Baked Fish w/Creamy Dill Sauce Brown Rice Peas Mandarin Oranges	Egg Salad on Wheat Bread Marinated Garden Salad Carrot Raisin Salad Fruit Jell O w/Whipped Topping
31	Menu Subject To Change			
Meatball Sub Yellow Squash Cauliflower Fruit Cocktail	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 9:30-10:30am 4-week program in July Jazz 10-11 am Discussion Group* 10:30-12noon (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* 9-12noon 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)	Exercise to Tapes* 8:45- 9:45 am Senior Investment Club 9:15-11 am (1st , 2nd Wed.) Bocce* (May - Oct) 10 - 12 noon TOPS* 10-11:30 am Memories to Memoirs* 10-11:30 am Social Bridge* 10-12noon 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* 9-12noon Chorus 10:00-11:30 am Watercolors & Sketching 10-12:30 pm Legal Assistance* - by appt. 10- 12noon (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 Mahjong* 12:30 - 4 pm	Orchestra 9-10:55 am Woodcarving* 9-12noon 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.

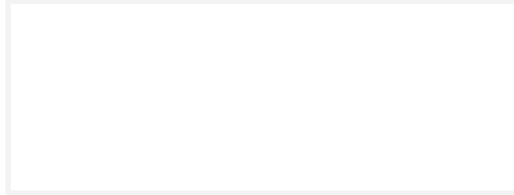
Please contact the Front Desk at (518) 383-1343 to verify event dates, sign up for classes, confirm session start dates or to make an appointment.



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

Town Supervisor Phil Barrett	371-6651
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.