



Clifton Park Senior Community Center

Volume 1, Issue 7

Monthly Newsletter

September 2017

Clifton Park Senior Community Center

6 Clifton Common Ct
Clifton Park, NY 12065
(518) 383-1343

www.cliftonpark.org

Please make checks payable to:
Town of Clifton Park

Center Hours

Monday—Friday
9am—4pm

Facility and room rental
available for special
events.

Upcoming Center Closings

LABOR DAY:
MONDAY, 9/4

COLUMBUS DAY:
MONDAY, 10/9

FLORAL STAR APPLIQUE QUILT RAFFLE

Raffle Tickets \$2 each or 3/\$5
2nd prize: Quilted Wall Hanging
3rd prize: Quilted Table Runner



Handmade by our very talented Quilters, the 2017 quilt is named "Floral Star Applique."

Purchase your raffle tickets from Captain at 5 Municipal Plaza, Captains Treasures at 1705 Route 9, Clifton Park Town Hall or the Clifton Park Senior Community Center to be entered to win this beautiful hand-quilted queen sized quilt. The drawing will be held on Wednesday, December 13, 2017 at 7:00pm.

You do not need to be present to win.
**Community Quilt Raffle to benefit
Captain Youth & Family Services**



Fall Basket Party will be held on Sunday, October 1st at 1:00 pm

Tickets for the Basket Party are on sale now! This event is open to the public and tickets must be purchased in advance at the Center, as space is limited. Tickets are \$8 and include 20 free auction tickets, sandwiches, and dessert. Auction tickets will also be available for purchase at the event. This is a fun afternoon, and we hope to see you there! For more information, please contact the Front Desk.

Basket Party Donations:

We are currently asking for gift basket donations for our Fall Basket Party. Basket themes include but are not limited to: Pet lovers, coffee & tea, crafts, baby items, holiday, chocolate lovers and spa themes. Baskets can be dropped off at the Front Desk.

Clifton Park Senior Community Center News & Events



Dear Members,

So much has happened in the short time that I've been here at the Center. In addition to the everyday activities of Fun and Games; Exercise and Dance; Painting and Woodcarving; Quilting, Knitting and Crocheting; Discussion and Support Groups and so much more, our center has been very busy.

I had the opportunity to meet many of you at our Meet and Greet reception. Thank you for coming. We served sundaes (compliments of Stewarts). Balloons donated by Party City brightened up our center for the entire week. Volunteers Sherry and Carman helped with the decorations and serving the ice cream. And thank you to the many volunteers that baked wonderful desserts: Doris, Gerry, Kathy, Betty H., Diane, Eileen, Betty B., Theresa and Carrie.

Under volunteer Barb's direction, our Semi-Annual Book Sale was a great success. We couldn't do this without our many volunteers that spend months sorting, organizing and boxing the books and an entire Saturday to help with the sale: Maureen, Sherry, Peggy, Kay, Mary W., Eileen, Faye, Betty Z., Muriel, Sandy M., Janet, Bill, Sandy H., Linda, Mary A. Books are organized into categories: Mysteries, Romance, Cooking and more. The public lines up at the door long before the doors open and they walk away with hundreds of dollars' worth of books for just a few dollars. There were a lot of smiling faces that beautiful Saturday morning. We can't forget our Town Employees from Buildings and Grounds. They came in and set up our tables and carried the many cases of books into the large Community room. They were back bright and early on Monday morning to remove what was left and to take down all of the tables. Thank you all!

Under Volunteer Martha's direction, a beautiful queen-sized quilt was hand quilted by her team of volunteers: Betty B., Bev B., Caryl, Betty M., Lynda, Ruth, Mary T., Peggy, Vee, Alice and Sherry. This quilt won First place at the Saratoga County Fair and is being raffled off right now. For just \$2/ticket you could go home a winner. Tickets can be purchased at our center or at Captain's Treasures.

We couldn't do any of this without our dedicated Volunteers. We will honor them at a special Volunteer Luncheon on September 20th. If you are a CPSCC Volunteer, please sign up to attend the luncheon at our front desk.

If you are looking for something new and rewarding...Volunteer! No experience necessary. We will show you what we do and how we do it. *'Many hands make for light work.'* This is a great way to meet people and make a difference.

Our trip to the Lake George Dinner Theater was wonderful. We are now preparing for our trips to Cooperstown in September, Log Cabin-Octoberfest in October, and Hyde Park in November.

Be sure to stop in at the Senior Center to see the many improvements. We now have brand new carpeting! We also brought our beautiful oak display case back out in the lobby. We will display works of art and collections from our seniors throughout the year. If you have something that you'd like to display, let us know at the front desk.

Thank you all!

Warm Regards,
Sue Leonard, Director

Volunteer Appreciation Luncheon

The center cannot run smoothly without our Treasured Volunteers. We appreciate what our Volunteers do at the Clifton Park Senior Community Center every day and we will show our gratitude with a Free VOLUNTEER Luncheon.



Wednesday, September 20, 2017

12:45 pm

Clifton Park Senior Community Center

*Please sign up at the desk by September 15th, and include what your
your Volunteer Roles are. Thank you!*

Clifton Park Senior Community Center News & Events



September 6th:	Living with Loss Program
September 6th:	Understanding & Responding to Dementia-Related Behavior Class
September 6th:	Asian Style Mahjong Begins
September 7th:	BUNCO Begins
September 9th:	Household Hazardous Waste Day
September 11th:	Shabby Sheik with Carmen D DIY Craft Class Begins
September 11th:	Soul Line Dancing
September 11th:	Clogging for Beginners Begins
September 12th:	Tai Chi Session Begins
September 12th:	Dice 3000 Begins
September 13th:	Formal Memories to Memoirs Workshop Begins
September 13th:	Hand and Foot Begins
September 14th:	Community Chorus Welcome Day
September 14th:	Pinocle Begins
September 15th:	Diabetes Support Group
September 15th:	Scrapbooking Workshop
September 16th:	Farm Fest
September 16th:	Farm Fest Pet Clinic at Riverview Orchards
September 17th:	Farm Fest
September 18th:	Soul Line Dancing
September 18th:	Chair Yoga Fall Session Begins
September 19th:	Zumba Gold Session Begins
September 19th:	Left-Right-Center Begins
September 20th:	Volunteer Appreciation Luncheon
September 21st:	Crafty Creations with Jean Workshop Begins
September 25th:	Bingo Begins
September 26th:	Rite Aid Flu Shot Clinic
September 27th:	AARP Smart Driver Course
September 28th:	Trip: Cooperstown
October 1st:	Fall Basket Party
October 1st:	Town Paper Shredding Day
October 12th:	Seton Health Seniorcize Begins
October 13th:	MVP's 2018 Medicare Advantage Presentation
October 18th:	CDPHP's 2018 Medicare Advantage Presentation
October 18th:	Monthly Dinner
October 24th:	Trip: Octoberfest at the Log Cabin
October 27th:	Scrapbooking Workshop

Did you know...

You can come check out our DVD collection in our Library.

Free Rentals.



Monthly Dinners are Back!

Beginning Wednesday,
October 18th

Further details to follow!
Sponsored by CDPHP



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.

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Y0019_16_0864 Accepted

Clifton Park Senior Community Center—DAY TRIPS

A DAY IN COOPERSTOWN

We'll start with a visit to the

**BASEBALL HALL OF FAME OR
FENNIMORE MUSEUM &
THE FARMERS MUSEUM**

LUNCH AT THE OTESAGA'S GLIMMERGLASS

and a private charter on the

GLIMMERGLASS QUEEN TOUR BOAT

Thursday, September 28, 2017

8:00 am Departure – 5:00 pm Return

\$74 Members/ \$80 Non-Members

All trips must be paid for in full when signing up for the trip. Unless otherwise stated, all trips will begin and end at the Clifton Park Ice Arena, 16 Clifton Common Blvd, Clifton Park, NY 12065

There are no refunds unless the trip is cancelled. **All checks should be made payable to the Town of Clifton Park .**

Tuesday, October 24th:

OKTOBERFEST at the Log Cabin, Holyoke MA followed by a little pre-holiday shopping at the Lee Premium Outlets.

Join the Swingin'est German Band in the Land! Pianist Jeff Barnhart will lead you through great German music, with favorites from polkas to parodies, drinking songs to waltzes, with great virtuosity and humor. Jeff will be joined by CT drummer Tom Palinko and MA favorites Jeff Hughes on trumpet and John Clark (wait till you hear his Clarinet Polka!!) for this special afternoon that's sure to put an "OOM" in your "PAH!"

Coming in November...

Trip to Hyde Park with a tour of Franklin D. Roosevelt's Home, Library and Museum, and the Culinary Institute of America for an amazing meal at the Caterina de Medici.

We will also tour Val-Kill, Eleanor Roosevelt's Cottage.

Clifton Park Senior Community Center News & Events

Clifton Park's Annual Farm Fest Saturday & Sunday September 16th & 17th FREE ADMISSION

Visit the many working farms in Clifton Park. Tour Bowman Orchards, Riverview Orchards, Predel's Ranch, Shepherd's Hey Farm, and much more. **HAVE FUN WHILE LEARNING ABOUT FARMING!** Ride a horse, pick apples, take a hayride, eat country food and lots more! For more information call 371-6667 or visit our Town website www.cliftonpark.org for a full schedule.

Riverview Orchard

September 16th from 10:00 am – 2:00 pm

Town Animal Control Officer Terri Cook and Councilwoman Lynda Walowit will be hosting a Pet Event. Bring your pet for a pet blessing at 10:30 am, \$20 microchip clinic, numerous pet related vendors and demonstrations.

NO PET? NO PROBLEM! Seniors aged 60 years and older can adopt a senior cat FREE or a senior dog for just \$7.50. Please come and find your next best friend!!



TOWN PAPER SHREDDING DAY SUNDAY, OCTOBER 1st, 1-3pm

**PROTECT YOUR CONFIDENTIAL
INFORMATION!**

The Town and its specialized partner, 3N Document Destruction will be at Clifton Park Center with onsite shredding at the mall from 1:00 p.m. to 3:00 p.m. on Sunday, October 1, 2017 This is a free drive-thru service. Please bring a donation of non-perishables for local food pantries. Limited to 4 huge bags or boxes of papers. Please, no junk mail, binders, plastic carriers or folders, or metal spiral books. All recycled.

Household Hazardous Waste Day

The Town of Clifton Park is once again sponsoring a special collection day for Household Hazardous Waste.

**Saturday, September 9th
8:00 a.m. to 2:00 p.m.**

**22 Ray Road, near the Town of Clifton Park
Transfer Station (there will be signs to direct you).**

Register online at www.cliftonpark.org by Sept. 1st.
Please contact Scott Reese at (518) 371-6651 should you have any questions

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Clifton Park Senior Community Center - GAME ON!



It's All in The Cards.... Learn to Play

Join us to play an old card game you know or to learn a new game.
We will teach you...

Sign up in advance at the front desk. Free to all members.



~~~~~  
**Hand & Foot** – Every other **Wednesday** from 1:00 - 3:30 pm - 9/13, 9/27, 10/11, 10/25

**Pinochle** – Every other **Thursday** from 1:00 - 3:30 pm - 9/14, 9/28, 10/12, 10/26



## Things Are Getting a Little Dicey... Learn to Play

Come join the fun! We will teach you the game! If you can roll 3 dice,  
you can play these games. It's that easy.

Sign up in advance at the front desk. Pay when you arrive.



~~~~~  
Dice 3000 – Every other **Tuesday** from 9:00 - 11:00 am - 9/12, 9/26, 10/10,
10/24

75 center per game - bring your quarters

Left – Right – Center – Every other **Tuesday** from 9:00 - 11:00 am - 9/19, 10/3, 10/17, 10/31
75 cents per game - bring your quarters

BUNCO! – Every other **Thursday** 1:00 - 3:30 pm - 9/7, 9/21, 10/5, 10/19
\$5.00



BINGO Anyone? Are you feeling LUCKY?

Sign up in advance at the front desk. Pay when you arrive.

Every other **Monday** from 1:00 – 3:30 pm - 9/25, 10/23

Asian Style Mahjong

We use the Mahjong tiles but no jokers & no card. Easy to learn and simple to play!
We have a flower wall.

Sign up in advance at the front desk. Free to all members.



Wednesday from 1:00 – 3:30 pm - 9/6, 10/4

****Bring a lunch or buy one here****

We'll all eat together. For 60 and older, suggested donation is \$2.00

Check the menu near the end of the Newsletter.

Remember to call by noon the day before to order your meal.

Clifton Park Senior Community Center—LET'S MOVE

Chair Yoga 6-week Fall Session



Class Time: 10:00am – 11:00am

Class Dates: Mondays as follows:
9/18, 9/25, 10/2, 10/16, 10/23, 10/30

Cost: \$42.00 for 6-week program
Please register at the front desk or call the Center at (518) 383-1343.

Zumba Gold

A fun, friendly workout anyone can do (including beginners) that combines fast and slow Latin rhythms to get your heart pumping. It also tones and sculpts the body while strengthening your core.

Date: Tuesdays, September 19th through December 5th

Time: 1:00pm - 1:45pm



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

Classes are Free, Compliments of MVP Health Care!

Tai Chi 7-week Fall Session

Class Time: 10:00am – 11:00am
Class Dates: Tuesdays, 9/12 through 10/24
Cost: \$49.00 for 7-week program
Please register at the front desk or call the Center at (518) 383-1343.

Soul Line Dancing

MOVIN' AND GROOVIN'

Soul Line Dancing will be held on **MONDAYS from 1:15pm – 2:15pm** on the following dates:

September 11th
September 18th

This program is free of charge.
Please Register at the Front Desk

Dancing with *Heart for Soul* Dancers of B Spa

Seton Health "Seniorcize"

Thursdays from 11:00am - 12:00pm
October 12th through December 21st
October 5th - Screening for new participants.

Doctors note required to participate.
Space is limited. Please register at the front desk or call the Center at (518) 383-1343

CLOGGING FOR BEGINNERS

Mondays from 11:00am - 12:00pm
September 11th through October 30th
(no classes 10/9 & 10/16)

Cost: \$42.00 for 6-week program.

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

MAKE IT FIT



Fitness for mind, body & soul

Clifton Park Senior Community Center—LET'S GET CREATIVE

Crafty Creations with Jean Every other Thursday 1:15-3:00 pm

September 21, October 5, October 19

Come join in the fun! Make new friends and connect with your creative side.

Craft for yourself or for our Gift Shop.

All are welcome. No experience necessary.

\$2/class – Make and Take or

Free if donating the newly created items to the Forget-Me-Not Shoppe.

Sign up at the front desk. Pay on day of the class.

Scrapbooking Workshop

Friday, 9/15: 10am - 12 noon

Friday, 10/27: 10am - 12noon

Friday, 11/17: 10am - 12noon

\$5/member for this 2-hour workshop, which will cover supplies. Limited spots available.

Registration at the Front Desk is Required.

Please bring your photos, own scissors & adhesive



Shabby Sheik with Carmen D DIY – Do It Yourself

All items from the Dollar Store!

Candle Holder with Autumn Leaves

Take her ideas and make them your own.

Craft for yourself or for our Gift Shop

All are welcome. No experience necessary

Meet every other Monday from 10 am – 11 am
**September 11th, September 25th, October 9th,
and October 23rd**

\$4/class – Make and Take or Free if donating the newly created items to the Forget-Me-Not Shoppe.
See Sample of upcoming project at the front desk

Sign up in advance is required

Pay on the day of the class



Memories to Memoirs FORMAL WORKSHOP

Instructors Claudia Hough & Bob Miner will provide a formal Memories to Memoirs 6-week workshop on Wednesdays from 10:00am to 12:00pm, on the following dates:

**September 13th, September 20th,
September 27th, October 4th,
October 11th, October 18th**

This workshop is open to adults and seniors who are interested in writing down their stories for future generations. All levels of ability are welcome. Writing exercises are fun and engaging and most of all, from your personal perspective.

Cost is **FREE** (*Sponsored by the Clifton Park Halfmoon Public Library*). Please register at the Front Desk.

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Rite Aid Flu Shot Clinic

Tuesday, September 26th

11:30 - 2:30 pm

By appointment only

Must sign up at Front Desk

Medicare Card will need to be presented at time of appointment, along with completion of short questionnaire (form available day of clinic).

A Health Tip by Joanne Sweet PHN, Immunization Coordinator, Sar. Co. Public Health

Influenza

The timing of flu is very unpredictable and can vary in different parts of the country and from season to season. However, seasonal flu activity can begin as early as October and continue to occur as late as May. Flu activity most commonly peaks in the U.S. between December & February.

Prevent the spread of flu by:

- Receiving a flu vaccine
- Staying away from sick people
- Frequent hand washing
- If you are sick with the flu, stay home!

For this flu season, the Advisory Committee on Immunization Practices (ACIP) recommends annual influenza vaccination for everyone 6 months and older. Schedule an appointment for a flu vaccine or visit your local pharmacy to receive a flu vaccine. Check with your private care physician, local pharmacy or Saratoga County Public Health Services.

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Contact the Clifton Park Senior Community Center
for a free consultation every 3rd Thursday of the month.

Home visits available upon request

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Clifton Park Senior Community Center - LET'S TALK

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, September 6th 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.

September 1st: Class cancelled due to Holiday
September 15th: Medicare Presentation by Dave Demarco

Please register for the program by contacting the front desk.

WANTED!!!

New members for our **Monday Morning Discussion Group**
Please join us for a lively discussion of current events and other topics. Any subject ideas welcome!

2nd and 4th Mondays of the month from 10:30 am - 12:00 noon
Conference Room
No Registration Required



Understanding and Responding to Dementia-Related Behavior

Wednesday, September 6th

1:00pm - 2:00pm

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

These programs are free of charge, but registration is required. Please register at the front desk or call (518) 383-1343. We must have a minimum of 5 participants in order to offer class.

Clifton Park Senior Community Center - ENTERTAINMENT & THE ARTS

The Greg Nazarian Dance Band Saturday, September 9th - 7:00pm

Come dance and enjoy the music of this 17-piece Dance band playing the sounds of Artie Shaw, Glenn Miller, Benny Goodman, 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, September 24th - 7:00pm

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



Put a Song in your Heart – Community Chorus

Each Thursday from 10 am – 11:30 am our group of happy singers meet. We practice popular songs that are performed at senior centers and nursing homes. We welcome new and enthusiastic voices. *No experience necessary* - just a willingness to smile and enjoy the adventure of bringing joy to our audiences.

In September, we learn Christmas songs for December performances. In January, we practice for our spring concerts. We need all voices: soprano, alto, tenor and bass.

If you like to sing, please join us. We look forward to welcoming you. September 14th will be our WELCOME day when anyone can come to meet chorus members and learn how an average voice can entertain & bring joy. Refreshments will be available; consider yourself invited to experience the camaraderie of our gang...just show up!



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 the Center at (518) 383-1343. **September Art Display to feature Artist Scott Terry.** Scott works on large canvas with oil. He is most well known for his portraits of silver screen motion picture artists, such as Betty Davis, Edward G. Robinson, and Barry Fitzgerald. His screen idol portraits are from photographs, postcards, and magazines.

RED HAT MAMAS

September 13th, 12pm, Grecian Gardens

1612 Route 9, 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

September 16th, 12:30 pm, Carson's Woodside Tavern, 57 NY 9P Malta, NY

RSVP by 9/13 to Sandy at (518) 399-5812

Be served with separate checks and enjoy the food and beautiful view of Saratoga Lake. We celebrate birthdays for the month so let me know if it's your birthday when you RSVP.

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Medicare Products Advisor


srivera@mvphealthcare.com

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Clifton Park Senior Community Center News & Events

AARP Smart Driver Course
Wednesday, September 27, 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.



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.
- 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.
- 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.

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 month

The Cookie Factory

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

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153 Regent St., Saratoga Springs - (518) 290-3130
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on August 14th.*



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happily ever
after begin
with us...*



*Experience the
serenity
of the waterfalls...
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a special place for
photos now!*



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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 - SEPTEMBER 2017 HOME DELIVERED MEALS 363-4020 or 363-4033

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Salad Cold Plate Potato Salad Beet & Onion Salad Pineapple
4 CLOSED	5	6	7	8 CLOSED
	Baked Fish w/Creamy Dill Sauce Brown Rice Spinach Mandarin Oranges	Chicken Cacciatore Pasta w/Sauce Green Beans Peach Crisp w/Whipped Topping	BBQ Sliced Pork Baked Sweet Potato Cabbage Applesauce	 Senior Picnic
11	12	13	14	15
Meatball Sub Yellow Squash Cauliflower Fruit Cocktail	Chicken Picatta Baked Potato w/Sour Cream Mixed Vegetables Fruit Jell O w/Whipped Topping	Seafood Newburg Rice Carrots Tropical Fruit	Sausage w/Peppers & Onions Red Bliss Potatoes Brussels Sprouts Pineapple	Egg Salad on Wheat Marinated Garden Salad Carrot Raisin Salad Pears
18	19	20	21	22
Oven Fried Chicken w/ Gravy Mashed Potatoes Peas & Carrots Honeydew Melon	Chop Steak Parmesan Pasta Green Beans Chocolate Chip Cookie	Fall Harvest Special Apple Glazed Pork Bacon Mashed Potatoes Spiced Butternut Squash Dinner Roll Maple Frosted Cake 	BBQ Chicken Brown Rice Spinach Mandarin Oranges	Seafood Salad Cold Plate Macaroni Salad Pea Salad Apple Crisp w/ Topping
25	26	27	28	29
Smothered Steak A La King Oven Browned Potatoes Vegetable Trio Fruit Cocktail	Ginger Glazed Pork Rice Wax Beans Cantaloupe	Chicken Alfredo Pasta Peas Pears	Spanish Beef & Rice Casserole Carrots Garlic Cornbread Escaloped Apples	Tuna Salad on Wheat Tomato & Onion Salad Cottage Cheese Peaches

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 10-11am (Sept - Oct) Jazz 10-11 am Discussion Group* 10:30 -12noon (2nd, 4th Mon) Beginner Clogging 11am -12pm (Sept - Oct) Congregate Lunch* 12 pm Clogging 12-1:30 pm Dominoes* 12:30-3 pm Quilting Guild* 1-3 pm Game On 1-3:30pm (every other Monday) Osteo-Exercise* 2:30-3:30 pm	Exercise to Tapes* 8:45- 9:45 am Game On 9-11am Pinochle* 9-12 pm Pool & Billiards* 9-12noon Tai Chi 10am -11 am (Sept - Oct) Duplicate Bridge Lesson 10:00 -11:00 pm Duplicate Bridge 11:30 -3:30 Congregate Lunch* 12 pm Scrabble* 1-4 pm MVP Zumba Gold* 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 Game On 1-3:30pm 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 Game On 1 - 3:30pm 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.

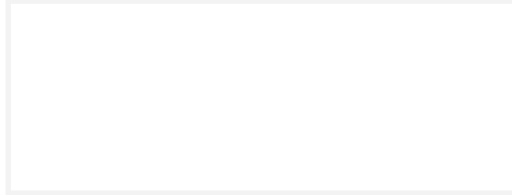
*Please contact the Front Desk at (518) 383-1343 to verify event dates,
sign up for classes, confirm session start dates or to make an appointment.*



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 Director Sue Leonard	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

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.



Senior Van Dispatch
at 371-4444
9:00am – 1:00pm

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.