



Clifton Park Senior Community Center

Volume 1, Issue 8

Monthly Newsletter

October 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

COLUMBUS DAY:
MONDAY, 10/9



Wednesday, October 18th

5:30 pm

\$10 Members - \$12 Non Members

**Featuring Chef Gina
With Entertainment provided by:
Accord-A-Tones: Herb & Becky Liebenhagen**

*Dinner held at the Clifton Park
Senior Community Center
Please sign up at front desk.
Seats are limited.*

Sponsored by:



Dear Members,

Saratoga County Office for the Aging offers hot lunches daily with advanced reservations. Or bring a lunch and join us at the Community Table. We have a microwave for you to warm up your meal if you'd like. This is a great way to meet more people and it fosters a feeling of community. Let's sit, eat, and enjoy some conversation.

Our Volunteer Luncheon was catered by Venezia's, flowers were donated by Frank Gallo & Sons, and Hannaford provided us with some delicious treats. We offered 6 free raffle for tickets to the Basket Party and a free trip to the Log Cabin Banquet Hall in Holyoke MA. On October 24th for 'Oktoberfest' with German food, German Music, and lots of fun! There is still room on the trip. Reserve your seats today!

Please join me for a special service project for our soldiers. We are looking for donations of small toiletries, games, Halloween candy and more. Please come lend us a hand on Friday afternoons to create felt stockings for our soldiers. All items will be delivered to 'Operation Adopt A Soldier' for shipping. Think of the smiles on the soldiers faces when they receive our special gifts. Let us all help to make their holiday a little sweeter.

Warm Regards
Susan Leonard, Director

Clifton Park Senior Community Center News & Events

Volunteer Opportunities at the Clifton Park Senior Community Center

We have a number of opportunities for volunteers here at the Clifton Park Senior Community Center including, but not limited to the following: answering phones, special event assistants, computer class instructors, teaching bridge, serving lunches at our Center or home meal delivery. If you have a specific interest that was not listed please ask us because we are flexible to work with you!

If you are interested in volunteering with us at the CPSCC please contact us! Feel free to come by the Center and speak with one of our staff or current volunteers!

Are you age 55+..... Interested in volunteering with the Senior Nutrition Program? Saratoga County Office for the Aging is looking for volunteers to help at The Clifton Park Senior Community Center. The Program takes place Monday - Friday between 9:30 and 1:30. Volunteer for this position would assist with sending out Home Delivered Meal routes and serving in-house lunch dinners, and clean up. Please call Billie Jo at Saratoga County Office for the Aging for details, 884-4996.

SEEKING TAX ASSISTANCE VOLUNTEERS



TaxAide, the free income tax assistance program sponsored by the AARP Foundation and the IRS, is seeking volunteers for the coming tax season. TaxAide volunteers answer questions, prepare and file returns for low to moderate income taxpayers and seniors from February 1 to April 15 at various sites in the Capital District.

Volunteers typically participate one day per week, with flexible schedules to accommodate volunteer availability. No experience is required, but computer experience is helpful for tax counseling. Volunteers who do not wish to prepare returns are also needed to greet taxpayers, review documents, confirm appointments by phone, or assist with computer hardware/software matters. Training is provided for all positions. Volunteers may be reimbursed for a moderate level of necessary travel expenses.

For more information on how you can join our team in Saratoga, Warren and Washington counties contact Communication Coordinator Gail Carroll, 518-541-3173 at gcarrollaarp@gmail.com



DAUGHTER for hire®

A helping hand for senior living

DAUGHTER for Hire is a senior companion care services company that provides non-medical, non-personal companion care services to assist our seniors in the Capital District with maintaining their independence. A few of the more popular services that we provide include companionship, socialization, grocery shopping, meal preparation, assistance with medical appointments and light house-keeping. DAUGHTER for Hire is currently hiring part-time caregivers in the Capital District. Our core criteria for hiring our caregivers is honesty, integrity, patience, caring nature, compassion and a pleasing personality. If you would like to help us make a difference in a senior's life and if you feel as though you are the kind of patient, caring and compassionate type person that we are looking for, please contact DAUGHTER for Hire at 518.415.2059 or visit our web page, www.daughter-for-hire.com and fill out an employment application which is located under the careers tab.

Clifton Park Senior Community Center News & Events



October 1st:	Fall Basket Party
October 1st:	Town Paper Shredding Day
October 4th:	Living with Loss program
October 4th:	Shabby Sheik with Carmen D
October 4th:	Asian Mahjong
October 5th:	Screening date: new participants of Seton Health Seniorize
October 5th:	Crafty Creations with Jean
October 6th:	Diabetes Support Group
October 12th:	Seton Health Seniorize Begins
October 13th:	Lunch & Learn: Fire Safety for Seniors - Are you at risk?
October 13th:	MVP's 2018 Medicare Advantage Presentation
October 14th:	Greg Nazarian Dance Band
October 16th:	*Swing Band Concert
October 18th:	CDPHP's 2018 Medicare Advantage Presentation
October 18th:	Shabby Sheik with Carmen D
October 18th:	Monthly Dinner - Oktoberfest
October 19th:	Crafty Creations with Jean
October 20th:	*Orchestra on the Common Concert
October 20th:	Diabetes Support Group
October 24th:	Trip: Oktoberfest-The Log Cabin Banquet House
October 25th:	Lunch & Learn: YMCA - Exercise and Arthritis
October 27th:	Scrapbooking Workshop
October 29th:	Brian Zapel Dance
November 7th:	Election Day BAKE SALE
November 8th:	Trip: Hyde Park - Culinary Institute of America, FDR, Vanderbilt
November 8th:	MVP's 2018 Medicare Advantage Presentation
November 17th:	Scrapbooking Workshop
November 17th:	CDPHP's 2018 Medicare Advantage Presentation
November 20th:	CDPHP's 2018 Medicare Advantage Presentation

***Concerts are Free and open to the public**

CPSCC Wish List

- ♦ *Wooden Shelving for our Library*
 - ♦ *Mahjong Set*
- ♦ *Bingo Cage (we have the balls)*
 - ♦ *Pool Table Leveling*
 - ♦ *Craft Supplies*
 - ♦ *Cotton Fabric for Quilts*

Please Support Our Sponsors

Thank you to Venezia's Pizza & Pasta, 629 Plank Rd for providing a nice meal for our Volunteer luncheon, Frank Gallo Florists, 19 Clifton Country Rd for providing beautiful carnations, and Hannaford Supermarkets, 19 Clifton Country Rd for the Gift Card. Thank you to Saratoga Bridges for helping with serving our meal.

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.
CDPHP Universal Benefits,® Inc.



A plan for life.

This is an advertisement.

Y0019_16_0864 Accepted

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

Tuesday, October 24th from 9:00 am Departure - 6:30 pm Return

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!"

Hors d'oeuvre Welcome Platter ~ Complimentary Glass of Wine or Beer ~ Rolls and Butter
Family Style: Jaeger Schnitzel, Knockwurst and Bratwurst Sauerkraut & Sautéed Red Cabbage
German Potato Salad ~ Apple Strudel ~ Baked Scrod with Seasoned Bread Crumbs
Coffee, Tea, Decaffeinated Coffee

\$74 Members / \$80 Non-Members

Hyde Park - Visit the Franklin D. Roosevelt Home. Enjoy the Culinary Institute of America at the Ristorante Caterina De'Medici followed by the Vanderbilt Mansion and the FDR Presidential Library & Museum

Wednesday, November 8 8:00 am Departure - 7:00 pm Return

First Course: Arugula Salad with Pear, Apple and Parmesan Shavings

Main Course: Roasted Chicken Breast with Semolina Gnocchi & Glazed Carrots

Dessert: Sabayon Cream Puff with Chocolate-Hazelnut Sauce

\$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** and can be mailed to 6 Clifton Common Court, Clifton Park, NY 12065

Did you know...

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

Free Rentals.



You are invited to our annual
Crossing Cultures
Potluck Luncheon
Wednesday October 18, 2017 from 11:45 to 2:00
Library Rooms A and B
Lunch 11:45 - 2:00
Please bring a dish of food from your country or culture to share at the potluck. Using a form from the envelope next to this poster, please list the ingredients and a little bit of information about your dish, including culture of origin, and your name.
Friendship Building Activities 1:00 - 2:00
Meet new neighbors from around the world!
Preregister at the library or on the Events Calendar at www.ophlibrary.org
Questions: Contact Judy at jmaclees@aol.com



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Clifton Park Senior Community Center - GAME ON!



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

Whether you know how to play, haven't played in years or have never played, please join us for the fun!!

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



Learn to Play Hand & Foot – Every other **Wednesday** from 1:00 - 3:30 pm - 10/11, 10/25
Learn to Play Pinochle – Every other **Thursday** from 1:00 - 3:30 pm - 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.



Learn to play Dice 3000 – Every other **Tuesday** from 10:00 - 11:30 am 10/10, 10/24
75 cents per game - bring your quarters



Learn to play Left – Center – Right – Every other **Tuesday** from 10:00 - 11:30 am - 10/17, 10/31
One dollar per game

Learn to Play B U N C O ! – Every other **Thursday** 1:00 - 3:30 pm - 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 - 10/23

Learn to play 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 - 10/4

TGI Friday! GAME ON!

1:00 pm – 3:00 pm every **Friday**

We'll change it up. We'll play one of the games listed above. We'll surprise you!

Social Bridge

Interested in becoming a better Bridge Player, but don't like a lot of pressure? We want people who know the fundamentals of the game, but would like to improve. We talk during our games, both about the bidding and playing the hands, not to mention talking about ourselves and our families. So, if you're at all interested, check us out. Join us on **Wednesdays from 10:00 - 12:00 pm**. No need to sign up – just show up.

***Bring a lunch or dine with the Senior Nutrition program
(more information on lunches toward the end of the Newsletter)***

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.*

*
* **Sweat'n to the Oldies** *
* *Richard Simmons* *
* *Exercise to Tape* *
*
* Mondays *
* 1:30 - 2:30 pm *
* September 25th - November 6th *
*
* *There is no charge for this class but* *
* *registration at the front desk is* *
* *required.* *

BOCCE BALL

Looking for something great to do? We need more players! Please join us for Bocce Ball on **Wednesdays from 10AM – 12 noon.**

Take advantage of this beautiful weather while we have it!



*
* **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.* *

Clifton Park Senior Community Center—SERVICE PROJECT

SERVICE PROJECT - Friday afternoons at 1pm during the month of October.

Please Join Us for a Very Special Service Project for our Military Men and Women that are serving our country. Operation Adopt a Soldier' <https://www.operationadoptasoldier.org/>.

We will make Holiday Stockings out of felt during the month of October and fill them with goodies in November. Now, we need people to cut the felt stockings, people to decorate the stockings, sew the stockings together and donate the supplies. The first week of November we need People to donate their **leftover Halloween candy**, people to sort the donations and people to fill the stockings. There will be a box in our lobby to collect donations of **small hotel sized items** listed below. Many of these items can be purchased at the dollar store. Or perhaps you have a collection of these small items from hotel stays or your dentist. Ask your friends, family and neighbors. They may be happy to help as well.

Please also bring us your leftover Halloween Candy for this project. The soldiers will love it.

Donation Suggestions: Toothpaste, Fly Traps, Flea Collars, Chapstick, Toothbrushes, Deodorant M/F, Candy, Baby Wipes, Dry Snacks, Lotion, Eye Drops, Nail Clippers, Antibacterial Soap, Wet Wipes, Stationary, Pens/Pencils, Shaving Cream M/F, Cookies, Tissues, Hard Candy, Hand Cream, Razors, Gum, Bar Soap, Shampoo, Baby Powder, First Aid Items, Crayons/Colored Pencils, Coloring Books, Games, Playing Cards, Comic Books, Beef Jerky, Trail Mix, Dried Fruit/Nuts, Energy Bars, Candy Bars, Dice, Cough Drops, Insect Repellent, Motrin/Tylenol, Band-Aids, Sun Screen, DVD Movies, Music CDs, Crossword Puzzles, Sunglasses, AA and AAA batteries, Small Flashlights

Clifton Park Senior Community Center—LET'S GET CREATIVE

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

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, 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



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 remaining dates:

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.



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

10 am – 11 am

October dates have changed.

New Dates: October 4th, and October 18th

\$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

BEADING BUDDIES

The Beading Buddies are back and all are welcome! We meet every other Friday from 12:30 to 2pm to meet, share ideas and help each other.

Got an existing project? Want to learn about beading? Come and join us and we can let you know what we do! Purchasing supplies is up to individuals and depends on what projects we're all working on! Basic tools are required but you may need more if you want to take on different projects."

Dates: 10/6, 10/20, 11/3, 11/17, 12/1, 12/15



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“Strategic Planning for the Future”

Call us today for an appointment.

or

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

Home visits available upon request

WiteckiLaw.com

Clifton Park Senior Community Center - LET'S TALK

Lunch & Learn

Bring a lunch if you'd like. We'll serve dessert!

Fire Safety for Seniors - Are you at risk?

Friday, October 13

11 am - 12 noon

Interesting Fire Facts and statistics and how they affect you. Are you at risk? Fire Safety and Evacuation Planning and do you have a plan and do you practice? Seconds Count! Over view of Fire Safety and Prevention tips you can do every day to stay safe.

YMCA - Exercise and Arthritis

Wednesday, October 25

11:00 am - 12 noon

Please register at 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.

October 6th: Dr. Wayne, Acupuncture

October 20th: Patty Kilgore, Medicine Cabinet Safety

Please register for the program by contacting the front desk.



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, October 4th at 11am.**

Please plan to attend the Center's Congregate Lunch after the program. Please register for the program by contacting the front desk.

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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

- Dentures
- Crowns
- Bridges
- Partial
- Preventative Care

No Insurance? 10% Senior Discount

** Now Accepting New Patients**



CPSCC CONCERTS:

Swing Band

Monday, October 16th
1:00 pm - 2:00 pm

Orchestra on the Common

Friday, October 20th
1:00 pm - 2:00 pm

The Greg Nazarian Dance Band Saturday, October 14th - 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.

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. No charge to join. Center membership required.

*If you like to sing,
please join us!*



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. **October & November Art Displayed by the Southern Saratoga Artists' Society.**

Music for All Ages Brian Zapel Dance Sunday, October 29th - 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

**October 11th, 12:00 pm, Ripe Tomato, 2721
Route 9, Ballston Spa, NY**

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

October 21st, 12:30 pm, Lanie's, 471 Albany-Shaker Road, Loudonville, NY in Kimberly Square

RSVP by 10/18 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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Sheila Rivera

Medicare Products Advisor


srivera@mvphealthcare.com

518-388-2251

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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

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

ReWire Energy

153 Regent St., Saratoga Springs - (518) 290-3130
Lower Your Energy Bills & Enjoy Greater Home Comfort
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*Let your
happily ever
after begin
with us...*



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



Parties for any occasion:

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Golf Outings, Wedding Rehearsal Dinners

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

DJ Trivia...

**Open for Dinner at 6pm
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Trivia starts at 7pm
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Friday Night...

**Prime Rib Night
4pm - 9pm**
**Weekly Dinner Specials
Early Bird Specials until 6pm**
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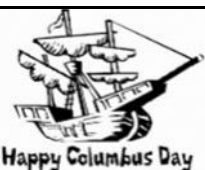

17 Johnson Rd, Mechanicville, NY 12118 • (518) 664-1578

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Baked Fish w/Creamy Dijon Sauce Mashed Potatoes Peas & Carrots Mandarin Oranges	Chicken w/ Lemon Sauce Rice Brussels Sprouts Cantaloupe	Pulled BBQ Beef Baked Sweet Potato Cauliflower Peaches	Meatballs & Pasta w/Sauce Green Beans Parmesan Cheese Fruit Cocktail	Pork Loin w/Fiesta Sauce Brown Rice Broccoli Escalloped Apples
9 CLOSED	10	11	12	13
 Happy Columbus Day	Macaroni & Cheese Stewed Tomatoes Brussels Sprouts Yogurt	Pork w/Curry Sauce Red Bliss Potatoes Vegetable Trio Tropical Fruit	Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Mandarin Oranges	Baked Chicken w/Gravy Rice Broccoli Pears
16	17	18	19	20
Roast Pork w/ Gravy Sweet Potato Cabbage Apple Crisp w/Whipped Topping	Baked Fish w/Creamy Dill Sauce Brown Rice Spinach Mandarin Oranges	Pasta Bake Wax Beans Garlic Roll Chocolate Pudding w/Whipped Topping	Smothered Chopped Steak Mashed Potatoes Beets Peaches	Chicken & Biscuit Brussels Sprouts Fruit Cocktail
23	24	25	26	27
Meatball Sub Zucchini Cauliflower Chocolate Chip Cookie	Chicken Picatta Baked Potato w/Sour Cream Mixed Vegetables Fruit Jell O w/Whipped Topping	Seafood Newburg Rice Carrots Tropical Fruit	Chili Peas & Onions Warm Cornbread Pineapple	Sausage w/Peppers & Onions Red Bliss Potatoes Broccoli Pears
30	31			
Oven Fried Chicken w/Gravy Mashed Potatoes Vegetable Trio Honeydew Melon	Halloween Special Beef Stew Warm Biscuit Yam & Apple Casserole Chocolate Cake w/Orange Colored Frosting			

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
<p>Tap (Int. II) 9-10 am</p> <p>Bocce* (May - Oct) 10-12 pm</p> <p>Chair Yoga 10-11am (Sept - Oct)</p> <p>Jazz 10-11 am</p> <p>Discussion Group* 10:30 -12noon (2nd, 4th Mon)</p> <p>Congregate Lunch 12 pm</p> <p>Clogging 12-1:30 pm</p> <p>Dominoes* 12:30-3 pm</p> <p>Quilting Guild* 1-3 pm</p> <p>BINGO 1-3:30pm (every other Monday)</p> <p>Sweat'n to the Oldies Exercise to Tape* 1:30 - 2:30pm</p> <p>Osteo-Exercise* 2:30-3:30 pm</p>	<p>Exercise to Tapes* 8:45- 9:45 am</p> <p>Pinochle* 9:45 -12 pm</p> <p>Pool & Billiards* 9-12noon</p> <p>LCR or Dice 3000 10am - 12noon (every other week)</p> <p>Tai Chi 10am -11 am (Sept - Oct)</p> <p>Duplicate Bridge Lesson 10:00 -11:00 pm</p> <p>Duplicate Bridge 11:30 -3:30</p> <p>Congregate Lunch 12 pm</p> <p>Scrabble* 1-4 pm</p> <p>MVP Zumba Gold* 1-1:45 pm (Seasonal)</p>	<p>Exercise to Tapes* 8:45- 9:45 am</p> <p>Senior Investment Club 9:15-11 am (1st , 2nd Wed.)</p> <p>Bocce* (May - Oct) 10 - 12 noon</p> <p>TOPS 10-11:30 am</p> <p>Shabby Sheik Crafts with Carmen D 10-11am (every other week)</p> <p>Memories to Memoirs* 10-11:30 am</p> <p>Social Bridge* 10-12noon</p> <p>Living with Loss* 11- 12:00 pm (1x/month)</p> <p>Congregate Lunch 12 pm</p> <p>Hand and Foot* 12 - 3:30 pm</p> <p>Poker* 1-3pm</p> <p>Asian Style MahJong or Hand & Foot 1-3:30pm</p> <p>Crocheting & Knitting* 1- 3 pm</p> <p>Osteo-Exercise* 2:30-3:30 pm</p>	<p>Exercise to Tapes* 8:45- 9:45 am</p> <p>Pool & Billiards* 9- 12noon</p> <p>Chorus* 10:00-11:30 am</p> <p>Yoga 10 - 11:00 am</p> <p>Watercolors & Sketching 10-12:30 pm</p> <p>Legal Assistance* - by appt. 10- 12noon (3rd Thurs.)</p> <p>Seton Health "Seniorcize"* 11-12 pm (Seasonal)</p> <p>Duplicate Bridge 12:00 - 4:00 pm</p> <p>Congregate Lunch 12 pm</p> <p>Pinochle* 12:30-4 pm</p> <p>Mahjong* 12:30 - 4 pm</p> <p>Crafty Creations with Jean 1:15 - 2:15 pm (every other week)</p> <p>BUNCO or Pinochle 1 - 3:00pm (every other week)</p>	<p>Orchestra 9-10:55 am</p> <p>Woodcarving* 9-12noon</p> <p>Tap Advanced 9-10am</p> <p>Dominoes* 10-11:30 am</p> <p>Ballet 10-10:45 am</p> <p>Scrapbooking Workshop 10 - 12 noon (see Newsletter for dates)</p> <p>Big Band 10:55 -12:20pm</p> <p>Diabetes Workshop* 11am-12pm (1st & 3rd)</p> <p>Congregate Lunch 12 pm</p> <p>Beading Buddies 12:30 - 2:00 pm</p> <p>TGI FRIDAY GAME ON 1 - 3pm</p> <p>Scrabble* 1-4 pm</p> <p>Osteo Exercise* 2:30-3:30 pm</p>

All dates are subject to change.

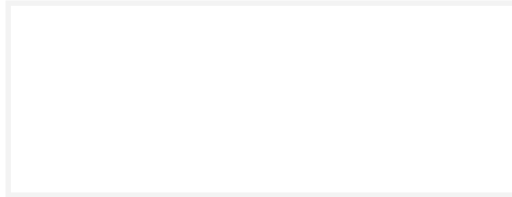
*Please contact the Front Desk at (518) 383-1343 to verify event dates,
sign up for classes, confirm session start dates or to make an appointment.*



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.