



Clifton Park Senior Community Center

Volume 1, Issue 9

Monthly Newsletter

November 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

VETERAN'S DAY
OBSERVED:
FRIDAY, 11/10

THANKSGIVING DAY:
THURSDAY, 11/23

DAY AFTER
THANKSGIVING:
FRIDAY, 11/24

Fall Feast

Presenting:

Deets Catering

Wednesday, November 15th

Doors open at 5:00 pm

\$10 Members / \$12 Non-Members

Garden Salad with Balsamic Vinaigrette and Fresh Rolls

Honey Glazed Ham (with carving station)

Baked Potato w/sour cream and butter

Fresh Steamed Broccoli

Applesauce

Brownie with Whipped Cream

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

Sponsored by:



Who is Deets Catering? Mike Deets has been in the food service business for over 30 years and previously owned a well-known fish fry restaurant, Deets Fish Fry in North Troy. Mike is the oldest and consistent vendor for the past 30 years at the Clifton Park 4th of July Fireworks and Family Day! His website "Deets Catering & More" lists the various types of catering events from Senior Dinners, Buffets and Outside Backyard BBQs, to Weddings and Company Picnics. Please feel free to browse the website and get a "taste" of what he offers. Mike comes highly recommended by his many very satisfied and repeat customers. www.deetscatering.com. His business is located right here in Clifton Park.

Clifton Park Senior Community Center News & Events

Dear Members,

The Basket Party was enjoyed by almost 100 guests this year. There were 82 baskets raffled off at this luncheon. Thank you to Shirley R. who leads the event every year. Thank you to the many people that made and donated the beautiful baskets and thank you to our volunteers: Peggy C, Fay D, Bev C, Linda N, Sandy H, Muriel P and Jackie D. We could not have done it without each one of you.

Our Oktoberfest Dinner was very well attended with 118 guests. Thank you to CDPHP for sponsoring our dinner. Thank you to Chef Gina who catered our meal and Accord-A-Tones for providing musical entertainment. Our friends at the Ballston Spa National Bank and our 3 Shen High School Seniors helped with set up, serving and cleanup. Thank you to board member Lynda Walowit for assisting where needed and Town Supervisor Phil Barrett who could not be here from the beginning but did join us to speak with some of our seniors and assist with the cleanup. Thank you to our long time senior citizen volunteers: Sandy N, Sandy H, Jackie D, Kathy L, Bev C, Barbara G, for making our center-pieces, setting our tables, directing our outside volunteers, making coffee and all of the kitchen work and cleanup. **THANK YOU!**

We will continue with the Learn to Play: Hand & Foot, Pinochle, Dice 3000, Left Center Right and BUNCO every other week. No one wants them to end. Asian Mahjongg will now be taught every Thursday afternoon. We are adding new games...be sure to read your newsletter.

We made some amazing stockings for our soldiers and now **We Want Your Candy**. We will complete the project on Friday November 3rd by filling these decorated felt stockings with the donated toiletries, a game (dice, playing cards, word searches) and candy. These stockings will be shipped by www.operationadoptasoldier.org to the Military Men and Women that are serving our country. We will make their holiday season a little sweeter.

Thank you to all that help to make our senior center the best it can be.

Warm Regards,
Sue Leonard, Director



Kate Dudding
History, Herstory and Our Stories

The Kindness of Strangers

Award-winning storyteller Kate Dudding specializes in creating entertaining, heartwarming and memorable stories about real people who made a difference. She tells stories at venues in the Northeastern USA including The Clearwater Festival, First Night Saratoga, and The Norman Rockwell Museum. Each of her first four CDs has received a national award. In 2010, she won the story slam at the National Storytelling Conference in Los Angeles. Learn more about her and watch her tell some stories at www.KateDudding.com

Join us on **Wednesday, December 6th at 1 pm** for "The Kindness of Strangers."

Clifton Park storyteller Kate Dudding shares stories that just may restore your faith in human goodness. The stories tell of the Gershwin's meeting a new Broadway singer many kind strangers that Kate's family met in Paris, an interfaith encounter in Memphis, the thousands who fearlessly helped in the aftermath of the Oklahoma bombing, and more.

Let us be kind to strangers...Please join us and bring a nonperishable food donation for the local food pantry.

Clifton Park Senior Community Center News & Events



November 3rd:	Medicare Beneficiaries Informational Meeting
November 3rd:	Soldier Stocking Service Project
November 7th:	Election Day Bake Sale
November 7th:	NEW Gentle Yoga – Healing Journey Inward (FREE first class)
November 8th:	Trip: Hyde Park - Culinary Institute, FDR, Vanderbilt
November 8th:	MVP's 2018 Medicare Advantage Presentation
November 15th:	Lunch & Learn: Aging in Place
November 15th:	Villages Group "Shenendehowa Neighbors Connecting"
November 15th:	Fall Feast Dinner - Deets Catering
November 16th:	Friendship Dinner at Shenendehowa High School (Key Club). Free tickets available at the front desk for all Clifton Park Seniors
November 17th:	Scrapbooking Workshop
November 17th:	NEW Strategic Scrabble
November 17th:	CDPHP's 2018 Medicare Advantage Presentation
November 20th:	CDPHP's 2018 Medicare Advantage Presentation
November 27th:	Lunch & Learn: Persistent Assistants
November 29th:	NEW Dice 6-5-4 Learn to Play
December 4th:	*Swing Band Concert
December 5th:	Trip: Williams Inn & Williams College Museum - Traditional Holiday Celebration
December 6th:	Award Winning Story Teller Kate Dudding and "The Kindness of Strangers"
December 13th:	Dinner (<i>to be announced</i>)
December 15th:	*Orchestra Concert

CPSCC Wish List

- ◆ *Wooden Shelving for our Library*
 - ◆ *Mahjong Set*
 - ◆ *Pool Table Leveling*
 - ◆ *Craft Supplies*
- ◆ *Cotton Fabric for Quilts*

Please Support Our Sponsors

Thank you to CDPHP for their generous support of the October Dinner and other programming at the Center. Thank you to our caterer Gina, and to our entertainment by the Accord A Tones.

We would also like to extend our thanks to the Ballston Spa National Bank who assisted with serving our dinner guests and cleanup.

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.



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This is an advertisement.

Y0019_16_0864 Accepted



Don't forget to turn your clocks back one-hour on November 5th!

Hyde Park

**Visit the Franklin D. Roosevelt Home,
Presidential Library & Museum.**

And the Vanderbilt Mansion

**Enjoy fine dining at the Culinary Institute of America
At the Ristorante Caterina De'Medici**

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

Visit the Williams College Museum, MA

Have lunch and enjoy the show at

The Williams Inn

for the traditional

Boar's Head Holiday Celebration

Tuesday December 5, 9:15 am Departure - 4:30 pm Return

Be welcomed by our Beefeaters Guards while entering our cozy warm lobby. We will light the traditional yule log and anoint it in the old English tradition. Feast your eyes on the Boar's Head which leads the cook's procession featuring several of the items you will enjoy from the buffet table. Included are mirrors of cheeses, fruits, a salad bar, hot soup, and a variety of hot items, fine breads and a whole array of tempting desserts! Lunch is followed by the Miss B. Haven Cabaret Troupe singing and swinging to some of your old favorite holiday tunes plus those of the 30's, 40's and 50's we all know so well. Enjoy the happy, familiar music of the holiday season! At the conclusion of the cabaret show, we will share a cup of hot wassail and give our traditional wassail toast for 'good luck, good health and good cheer.' A little holiday memento will be given to each guest upon departure.

\$66 Members/ \$72 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

Clifton Park Senior Community Center News & Events

Service Project



The Clifton Park Senior Community Center will be sponsoring a child this Holiday Season through the Chamber Angels.

For over 28 years, Chamber Angels have been bringing joy to families that are enduring financial hardships by providing Holiday wishes to children ages infant - 18.

A wish list for our sponsored child will be available at the front desk in the coming days.

Gifts will be collected until November 30. All gifts must be unwrapped.



The Senior Center staff would like to wish you and yours a very safe Veteran's Day and Happy Thanksgiving!



Did you know...

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

Free Rentals.



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
Free Residential Energy Audit

Clifton Park Senior Community Center News & Events

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



Shenendehowa Neighbors Connecting
A "Village" is forming and we would like you to become involved!

Wish to Stay in Your Home for Years to Come?

Do you plan on living independently on your own terms and in your own space for as long as you can? Does the prospect of engaging with others in rewarding and enriching ways interest you? Would you like to continue to enjoy a full and active life in your community as you grow older? If you answer 'yes' to any of these questions, then you owe it to yourself to learn about the Village Movement that is sweeping the country.

What is a Village? A Village is a network of members who are connected to one another and to support services to make independent living both feasible and enjoyable. A Village can enrich your everyday life with new interests, new friends, and new purpose as you remain independent in your own community. Each Village is unique. Its members decide exactly what cultural, educational and support services to offer. We invite you to a program to learn about **Shenendehowa Neighbors Connecting**, a new Village now developing in southern Saratoga County. The program is being held in the Studio Room at the Clifton Park Senior Community Center on:

Friday, November 15th, 1:00 - 2:00 PM



Helping Seniors for over 30 years.



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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 12:30 - 3:30 pm - 11/8, 11/22, 12/20

Learn to Play Pinochle – Every other **Thursday** from 12:30 - 3:30 pm - 11/9, 12/7, 12/21

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.



Learn to play Dice 3000 – Every other **Tuesday** from 10:00 - 12:00 am 11/7, 11/21, 12/5, 12/19

Learn to play Left – Center – Right – Every other **Tuesday** from 10:00 - 12:00 am - 11/14, 11/28, 12/12, 12/26
75 cents

Learn to Play 6-5-4 - Every other **Wednesday** 1:00—3:00 pm 11/29, 12/13, 12/27

Learn to Play B U N C O ! – Every other **Thursday** 1:00 - 3:00 pm - 11/2, 11/16, 11/30, 12/14, 12/28
\$5.00



BINGO Anyone? Are you feeling LUCKY?

Every other **Monday** from 1:00 – 3:00 pm - 11/6, 11/20

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.

Every **Thursday** from 12:30 – 2:30 pm

Strategic Scrabble

Come learn some tricks! Monthly on **Friday** from 1:00 - 3:00 pm - 11/17 & 12/15

TGI Friday! GAME ON!

1:00 pm – 3:00 pm every **Friday**

We'll change it up. We'll play a new game. 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 info 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:
11/6, 11/13, 11/20, 11/27, 12/4, 12/11
Cost: \$42.00 for 6-week program

Please register at the front desk

Gentle Yoga, Healing Journey Inward Tuesdays 11:15 – 12:30

6 Classes for \$42
November 7 – FREE CLASS
November 14
November 21
November 28
December 5
December 12
December 19

Yoga Centering thru five senses -Healing physical, emotional, mental, psyche minds to do holistic and spiritual healing within self. The theme is ‘you are the creator of your own destiny.’

Meditation thru breath and awareness of the PRANA/ the life force. Pranayama/The breathing patterns for destressing, relaxation, deep sleep, allergies, asthma, depression, diabetes, arthritis, constipation, heartburn, digestion and more... Stretching, flexibilities, getting in and out of gentle postures and letting it go to be present here and now. We have chairs available if you cannot be on the mat. Please bring your own mat if you have one.

This is a 1 hour to 1 ¼ hour class and the First Class is FREE

Registration at the front desk is required.

* **Sweat'n to the Oldies** *
* *Richard Simmons - Exercise to Tape* *
* Mondays *
* 1:30 - 2:30 pm *
* 11/6, 11/13, 11/20 & 11/27 *
* *There is no charge for this class* *

Tai Chi 7-week Fall Session

Class Time: 10:00am – 11:00am
Class Dates: Tuesdays - 10/31, 11/7, 11/14,
11/28, 12/5, 12/12 & 12/19
Cost: \$49.00 for 7-week program
Please register at the front desk

Get Up and Move with the YMCA

Mondays, 11/13 and 12/11

12:30—1:15 pm

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

You are sick, but do you have a Cold or the Flu? A Cold and the Flu are both upper respiratory illnesses, but they are very different.

Cold signs and symptoms are:

- Comes on gradually
- Runny nose, sneezing, sore throat, cough, headache and body aches
- Lasts 7 – 10 days

Flu signs and symptoms are:

- Comes on quickly
- FEVER, SEVERE FATIGUE, cough, sore throat, headache, stuffy & runny nose
- Lasts 1 – 2 weeks
- Can lead to serious complication. Don't hesitate to call your Primary Care Physician.



Clifton Park Senior Community Center—LET'S GET CREATIVE

Crafty Creations with a Purpose

Join Jean every other **Thursday** from **1:15-3:00 pm**

OR.....do it on your own.

Jean will prepare craft kits with directions so that you can come in to the Center at your leisure and make a craft that can be donated to our Forget-Me-Not Shoppe or craft kits that will be donated to the local Children's Hospital.

All are welcome.

*** Please see front desk for dates ***

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

*** Please see front desk for dates ***

\$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: 11/3, 11/17, 12/1, 12/15

Scrapbooking Workshop

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



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



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- ❖ Guardianships
- ❖ Real Estate

“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!

Please register at the Front Desk

Aging in Place

Wednesday, November 15th at 12:00 pm

The presentation will cover:

- ☆ *The Home Environment*
- ☆ *In Home Care*
- ☆ *Transportation*
- ☆ *Your Health*
- ☆ *Staying Active and Engaged*



DAUGHTER for hire®
A helping hand for senior living

Persistent Assistants

Monday, November 27th at 12:00 pm



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, November 1st at 11am.**

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

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.

November 3rd: Medicine Cabinet Safety by Ms. Patty Kilgore

November 17th: Nutrition, by Ms. Diane Whitten

Please register for the program by contacting the front desk.

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Clifton Park Senior Community Center - ENTERTAINMENT & THE ARTS



The Greg Nazarian Dance Band Saturday, November 11th - 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, November 26th - 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. 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. **November Art Displayed by the Southern Saratoga Artists' Society.**

RED HAT MAMAS

November 8th, 12:00 pm, Salty's, Pub & Bistro,
215 Guideboard Road, Clifton Park, 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

Saturday, November 18th, 12:30 pm,

Ravenswood, 1021 Route 146, Clifton Park

We invite all single men, women and friends of the Clifton Park Senior Community Center to join us at one of our favorite and most requested places. We will celebrate birthdays for the month and receive separate checks.

Please call Sandy at 518 399-5812 for reservations by Wed. Nov. 8. We look forward to seeing you all there to meet new friends and enjoy good food.

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Sheila Rivera

Medicare Products Advisor


srivera@mvphealthcare.com

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Birthday Parties, Baptism & Communion, Receptions, Baby & Bridal Showers,
Mitzvahs, Family Reunions, Retirement Parties, Holiday Parties, Fundraisers,
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To reach our manager or book an event call (518) 664-1578 Ext. 2

DJ Trivia...

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*Compete to win gift certificates
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Friday Night...

**Prime Rib Night
4pm - 9pm**
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Early Bird Specials until 6pm**
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www.fairwaysofhalfmoon.com





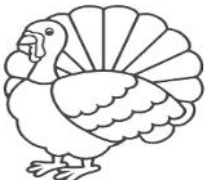
17 Johnson Rd, Mechanicville, NY 12118 • (518) 664-1578

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Pork Loin w/Cranberry Mustard Sauce Red Bliss Potato Brussels Sprouts Peaches	Herb Chicken w/Gravy Stuffing Butternut Squash Mandarin Oranges	Stuffed Shells w/ Meat Sauce Italian Vegetable Medley Peas Chocolate Pudding
6	7	8	9	10 CLOSED
Ham w/Pineapple Sauce Cubed Sweet Potato Cauliflower Spiced Apples & Raisins	Swedish Meatballs over Noodles Broccoli Carrots Cantaloupe	Baked Fish Macaroni & Cheese Stewed Tomatoes Fruit Jell O w/Whipped Topping	Swiss Steak Mashed Potatoes Spinach Pineapple	
13	14	15	16	17 THANKSGIVING
Pasta w/Meatballs Lima Beans Parmesan Cheese Warm Spiced Applesauce	Five Spice Chicken Baked Sweet Potato Beets Honeydew Melon	Roast Beef w/Gravy Mashed Potatoes Vegetable Trio Chocolate Chip Cookies	Fish Florentine over Brown Rice Corn Warm Peach Crisp	SPECIAL Turkey w/Gravy Stuffing Mashed Potatoes Green Bean Casserole Cranberry Sauce Dinner Roll Pumpkin Pie w/Whipped Topping 
20	21	22	23 CLOSED	24 CLOSED
Roast Pork w/Gravy & Mashed Potatoes Brussels Sprouts Warm Apple Crisp	Chili Rice Spinach Pineapple	Goulash Mexican Corn Warm Spiced Peaches		
27	28	29	30	
Herb Encrusted Fish Red Bliss Potato Carrots Mandarin Oranges	Beef Pot Roast Red Bliss Potato Carrots Fruit Jell O w/Whipped Topping	Chicken & Biscuit Broccoli Tropical Fruit	Meatloaf w/Gravy Garlic Mashed Potatoes Beets Pears	

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>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>NEW-Get Up and Move with the YMCA 12:30-1:15</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* 10:15 -12 pm</p> <p>Pool & Billiards* 9-12noon</p> <p>LCR or Dice 3000 10am - 12noon (every other week)</p> <p>Duplicate Bridge Lesson 10:00 -11:00 pm</p> <p>NEW-Gentle Yoga/Healing Journey Inward 11:15 - 12:15 pm</p> <p>Duplicate Bridge 11:30 -3:30 pm</p> <p>Congregate Lunch 12 pm</p> <p>Scrabble* 1-3 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 9:30-11:30 am (1st , 2nd Wed.)</p> <p>TOPS 10-11:30 am</p> <p>Shabby Sheik Crafts with Carmen D 10-11am (see front desk)</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* 12:30 - 3:00 pm</p> <p>NEW-Dice 6-5-4 1-3 pm</p> <p>Poker* 1-3pm</p> <p>NEW-Asian Style Mah Jongg 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 "Seniorize"* 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 - 3:30 pm</p> <p>Asian Mahjong - Learn to Play 12:30 - 2:30 pm</p> <p>BUNCO 1 - 3:00pm (every other week)</p> <p>NEW-Crafty Creations with a Purpose by Jean - Kit Assembly 1:15 - 3:00 pm (see front desk)</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 - 11 am (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>NEW-Strategic Scrabble 1-3pm</p> <p>Scrabble* 1-3 pm</p> <p>Osteo Exercise* 2:30-3:30 pm</p>

All dates are subject to change.

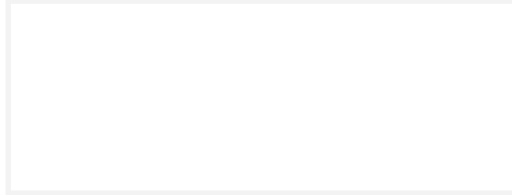
Please contact the Front Desk at (518) 383-1343 to verify event dates, sign up for classes, confirm session start dates or to make an appointment.



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 Pagnello	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.