



Clifton Park Senior Community Center

Volume 1, Issue 10

Monthly Newsletter

December 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

CHRISTMAS EVE OBSERVED:

FRIDAY, 12/22 THE
CENTER WILL CLOSE AT
12:30PM

CHRISTMAS DAY:
MONDAY, 12/25

NEW YEAR'S DAY:
MONDAY, 1/1



Home for the Holidays Community Dinner

FEATURING CELEBRITY CHEFS FROM



Wednesday, December 13th

Doors open at 5:00 pm

\$10 Members / \$12 Non-Members

*Garden Salad with light Italian Dressing
Fresh Rolls*

Sliced Roast Beef in a Mushroom Gravy

Mashed Potatoes

Mixed Vegetables

Apple Pie

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

Sponsored by:



News & Events



Friday, December 1st	11:30 am	Movie & Popcorn - Bring your own lunch
Monday, December 4th	10:00 am	Medicare Options Education Session —H&L Ins. Agency (Open to the Public)
Monday, December 4th	1:00 pm	Swing Band Concert - Open to the Public
Tuesday, December 5th	9:15 am	TRIP: Williams Inn & Williams College Museum - Traditional Holiday Celebration
Tuesday, December 5th	2:30 pm	Recovery International: Anxiety, Stress, Depression, Fatigue
Wednesday, December 6th	1:00 pm	Award Winning Story Teller Kate Dudding and “The Kindness of Strangers”
Friday, December 8th	12:15 pm	Lunch & Learn: Talk on Introverts by John Welter
Monday, December 11th	12:30 pm	NEW! Get up and Move with YMCA
Wednesday, December 13th	5:00 pm	Home for the Holidays - Dinner catered by Salty’s Pub & Bistro
Friday, December 15th	11:30 am	Lunch & Learn: Clear Captions - FREE Panera Lunch
Friday, December 15th	1:00 pm	Orchestra on the Common Concert & Holiday Celebration - Open to the Public
Friday, December 15th	2:45 pm	Choral Group from Karigon Elementary School
Wednesday, December 20th	12:15 pm	Lunch & Learn: Stay Younger, Longer by Brookdale Senior Living
Wednesday, December 20th	4:30 pm	TRIP: Albany Capital Lights in the Park with dinner at the Capital City Diner

Dear Members,

When December arrives we generally reflect on the events of the past year. The Town Board has many important aspects of 2017 to review as we prepare for 2018. One initiative in 2017 that was challenging and equally rewarding, was the Town’s assumption of the operational responsibility for what was the Shenendehowa Adult Community Center. With very little time to spare, we began operating the Center on December 17th, 2016. We lowered the cost of membership, changed the name of the facility to the Clifton Park Senior Community Center and we were on our way. Managing the facility seven days a week was a team effort. We initiated a monthly newsletter that is delivered to each member, added new programs and activities each month, forged new partnerships and executed some facility improvements. New partnerships have also assisted in ensuring some new activities were offered for free. This Summer we added Sue and Donovan to the team. Raina continues to do a great job on the newsletter and has been a valuable resource for our new team members.

In recent months we have initiated monthly dinners and trips. The response has been overwhelming with each dinner and trip sold out! We also received more exciting news in November! Senator Jim Tedisco announced an \$85,000 grant for the Center at our November Dinner! We will use the funds to execute strategic improvements to the facility. We also want to thank all of the volunteers that work very hard on behalf of the Center. We were proud to host a luncheon for our volunteers to show our appreciation.

Thank you to everyone that remained a supporter of the Center through the transition last December. We have also been proud to welcome many new members to the Center in 2017. With your assistance and partnership, the Center will remain a cultural and recreational asset for many people in our community.

Phil Barrett
Clifton Park Town Supervisor

DAILY ACTIVITY CALENDAR



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>NEW-Get Up and Move with the YMCA*- Dec 11 12:30-1:15</p> <p>Quilting Group* 1-3 pm</p> <p>BINGO 1-3:00pm (every other Monday)</p> <p>Osteo-Exercise* 2:30-3:30 pm</p>	<p>Exercise to Tapes* 8:45- 9:45 am</p> <p>Pinochle* 9:00 - 11 am</p> <p>Pool & Billiards* 9-12noon</p> <p>Learn to Play: LCR or Dice 3000* 10am - 12noon (every other week)</p> <p>Duplicate Bridge Lesson 10:00 -11:00 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 (No December Meeting) (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>Learn to Play: Hand and Foot* 12:30 - 2:30pm</p> <p>NEW-Dice 6-5-4* 1-3 pm</p> <p>Poker* 1-3pm</p> <p>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>Learn to Play: Pinochle* 12:15-3 pm</p> <p>Mahjong* 12:30 - 3:30 pm</p> <p>Learn to Play: Asian Mahjong 12:30 - 2:30 pm</p> <p>BUNCO 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>Big Band 10:55 -12:20pm</p> <p>Diabetes Workshop* 11am-12pm (Dec. 15)</p> <p>Movie Day Dec 1, 12/29 11:30am</p> <p>Congregate Lunch 12 pm</p> <p>Beading Buddies 12:30 - 2:00 pm (every other)</p> <p>TGI FRIDAY GAME ON 1 - 3pm</p> <p>Learn to Play: Strategic Scrabble Dec 15 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.

DAY TRIPS

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



ALBANY CAPITAL LIGHTS IN THE PARK

We'll start with **DINNER AT CAPITAL CITY DINER**
Separate checks for everyone

WASHINGTON PARK

Wednesday December 20, 2017
4:30 pm Departure - 7:30 pm Return

\$14 Members Only

Includes Transportation and Admission to the Park
Everyone will pay for their own dinner

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

Lunch & Learn:

Must register at the Front Desk

Talk on Introverts by John Welter

Friday, December 8 12:15 pm

YOU'RE SO QUIET! Discover and learn about the age-old misunderstanding of introverts. The cultural bias favoring outgoing extroverts has made quieter introverts less popular and has a dramatic impact on how we think of and interact with each other in all areas of our lives. However, recent studies show that introverts have been misunderstood and that both personality types are actually hard-wired, not a choice. The instructor will share with you this game changing revelation through a thoughtful and humorous presentation. This new knowledge will significantly change the way introverts, extroverts, parents, teachers and managers all view themselves and others. Learn about the effects of this misunderstanding and gain a better understanding of how introverts can thrive in collaboration with extroverts at home, at school, at work, in conflict, in groups and as leaders. Introverts have a lot to offer and you'll hear about many famous introverts who have made major contributions to our world.

Clear Captions

FREE Panera Lunch and Raffle

Friday, December 15 at 11:30 am

- ☆ Do you have hearing loss?
- ☆ Trouble with telephone conversations?
Join us to learn more!

Stay Younger, Longer

By Brookdale Senior Living

Wednesday, December 20 12:15pm

The Myths of Aging.

-The concept of Ageism

-Ten myths and realities of aging

-Understanding the fifteen benefits of daily activity

-Tips on staying young

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 will meet on **December 15th**, from 11 a.m. to 12 p.m. The topic for this month will be Nutrition. This is a great chance to network with some of your peers who also have diabetes.

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, December 6th at 11am.**

Please register for the program by contacting the front desk.

Recovery International - Open to the Public Meetings held at the Clifton Park Senior Community Center on December 5, 12, 19, 26 from 2:30 - 4:00 pm. Please join us if you or someone you know is suffering from anger, depression, anxiety, stress, tension, fatigue, panic attacks or other symptoms.

Please call 518-373-6678 and ask for group leader Richard for more information and to let us know that you are coming. Or register at the front desk. Suggested donation of \$5.



Game On! – Learn to Play!



MONDAY

BINGO from 1:00 – 3:00 pm - 12/4, 12/18



TUESDAY

Pinochle from 9:00 - 11:00 am (weekly)

Pool & Billiards from 9:00 - 12:00 pm (weekly)

Dice 3000 from 10:00 - 12:00 pm - 12/5, 12/19 - Learn to Play

Left – Center – Right from 10:00 - 12:00 am - 12/12, 12/26 - Learn to Play

Scrabble from 1:00 - 3:00 pm (weekly)



WEDNESDAY

Social Bridge from 10am - 12:00pm - Improve your game - (weekly)

Hand & Foot from 12:30 - 3:30 pm - 12/6, 12/20 - Learn to Play

Dice 6-5-4 from 1 - 3:00pm - 12/13, 12/27 - Learn to Play

Poker from 1 - 3:00 pm (weekly)



THURSDAY

Pool & Billiards 9 - 12:00 pm (weekly)

Pinochle from 12:15 - 3:00 pm - 12/7, 12/21 - Learn to Play

BUNCO! from 1:00 - 3:00 pm - 12/14, 12/28 (\$5.00) - Learn to Play

Mahjong from 12:30 - 2:30 pm (weekly)

Asian Style Mahjong from 12:30 - 2:30pm (weekly) - Learn to Play



FRIDAY

Movie Day 11:30 am - Bring your lunch - We'll serve popcorn - 12/1, 12/29

Vote for your favorite movie at the front desk

BINGO 12:30 pm - No BINGO in December due to Holiday. Will start in January!

Strategic Scrabble from 1:00 - 3:00 pm - 12/15 - Learn to Play

Scrabble from 1:00 - 3:00 pm (weekly)

Sign up in advance at the front desk.

Bring a lunch or dine with the Senior Nutrition program



News & Events

Service to the Community

Through this holiday season, the Jonesville Food Pantry is at an increased need of non-perishable food donations! Do some good this hectic holiday season and donate to the food pantry! Some examples of items to be donated are: canned fruits and vegetables, bags of uncooked rice, dry cereal or granola, peanut butter, dried fruits, canned juices, protein or fruit bars, and more. Come donate today at the Center!

Ask at the front desk for more information.

Please Support Our Sponsors

Thank you to MVP for their generous support of the November Dinner. Thank you to our caterer Mike Deets, of Deets Catering & More for the delicious meal!

As always, we would like to extend our thanks to our Center volunteers 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.

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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.

LET'S MOVE

Soul Line Dancing

MOVIN' AND GROOVIN'

Soul Line Dancing will be held on
MONDAYS from 1:30pm – 2:30pm
on the following dates:

December 4th
December 11th
December 18th

This program is free of charge.

Dancing with  Dancers of B Spa

Get Up and Move with the YMCA

Monday, 12/11

12:30—1:15 pm

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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

Clifton Park Senior Community Center - ENTERTAINMENT & THE ARTS

Dear Members,

What a wonderful time of the year. It's a time for thinking of others...

The Soldier Stocking Project was a great success. Over 100 stockings were cut, sewn, decorated and filled with games, toiletries and candy for our soldiers. Cliff at Operation Adopt a Soldier was happy to pick them up and arrange for shipping. They had a request from Afghanistan for stockings. Thank you to all of the 30+ seniors that worked on the stockings for 5 weeks and to the many of you that donated the felt, the games, the goodies and the toiletries to fill the stockings.

We also adopted a young man through the Chamber Angels Program. Thanks to the generosity of our seniors, little 5-year-old Mason will have a warm coat, snow pants, boots, PJ's and toys this Christmas. Thank you Lynda Walowit for all your assistance on this project. We hope to have all the donations in by December 1st.

Deets Catering provided our Fall Feast on November 15th. This monthly dinner was sponsored by MVP Health Care. Thank you to our center volunteers, the Girl Scouts, and the Clifton Park Assembly of God for serving this wonderful meal.

I am truly enjoying being a part of this wonderful Senior Center. Thank you all for making me feel so welcome.

Happy Holidays to all!

Susan Leonard
Director

The Greg Nazarian Dance Band Saturday, December 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.



Holiday Concerts



Come and hear the wonderful music of these talented musicians and singers. Light refreshments will be served.

Swing Band Concert

Monday, December 4th
1:00 pm

Orchestra on the Common Concert

Friday, December 15th
1:00 pm

Karigon Elementary School Choir

Friday, December 15th
2:45 pm

CPSCC Senior Chorus

Thursday, December 21st
1:00 pm



RED HAT MAMAS

Wednesday, December 13, 12:00 pm, Bellinis Italian Eatery, 19 Clifton Country Road, Clifton Park
Please RSVP by calling Jackie at (518) 630-5796 if your last name begins with A-L or Elsie at (518) 383-0131 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, December 9 (*Please note date change*), 12:30 pm

Happy Holidays everyone. All single men and women are invited to join the Singles Lunch Bunch for our 12th Annual Holiday Luncheon. We will celebrate the Holidays at the lovely **Edison Club on Riverview Road in Rexford.**

Please contact Sandy at 518 399- 5812 no later than Dec. 1, for further information or any questions. We will collect non-perishable food for the food pantry in lieu of gifts.

News & Events

Chauvin Gleason

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(518) 664-2673

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

If you want to **understand your Medicare options**, you'll love chatting with us.

If you're eligible or soon-to-be eligible for Medicare, it's important to understand the Medicare options available to you. The more you know, the better prepared you are to choose the right coverage for your needs and budget.

Come to a Medicare Education Session near you.

You will learn about:

- The 4 Parts of Medicare
- Medicare Advantage Plans
- Medicare Supplement Plans
- Extra Help with your prescription drug costs
- And more...



Call today to reserve your seat!

Reservations are held on a first come, first served basis.

A friendly licensed representative will be available to help walk you through your Medicare options and answer any questions you have.

Clifton Park Senior Center
6 Clifton Common Court
Clifton Park, NY 12065
December 4, 2017
10:00 AM

H&L Insurance Agency, Inc
(518) 661-6300 (TTY users call 711),

8:30 a.m. to 4:30 p.m. in your local time zone, Monday – Friday.



Today's Options[®] PPO is a Medicare Advantage plan with a Medicare contract. Enrollment in Today's Options[®] PPO depends on contract renewal.

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residences
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stands out.**



Kingsway Community

Unlike “stand alone” senior living residences that provide only one level of care, Kingsway Community offers a dedicated continuum of care—from beautiful independent living apartments to quality, skilled nursing care.

We provide comprehensive support for current and future needs all on one campus, so our residents can live active lives and look forward to the future with peace of mind.

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SonyaAChandler@gmail.com

HOW TO AVOID PROBATE COURT AND PROTECT YOUR ASSETS...

Revocable Trusts avoid Probate and the Court system and also allow you to retain complete control of your assets, but they do not protect assets from long term care expenses.

Irrevocable Trusts, if properly drafted, protect assets from long term care expenses, but you must give up control of the assets: However, you can still receive interest and dividends and for Real Estate, you can still occupy the residence and receive your STAR and other exemptions.



Witecki Law Office



8 S. Church Street
Schenectady, NY 12305

518.372.2827

Glenn J. Witecki, Esq.



- ❖ Estate Planning
- ❖ Asset Protection
- ❖ Wealth Preservation
- ❖ Wills & Trusts
- ❖ Probate Administration
- ❖ Elder Law
- ❖ Medicaid Applications
- ❖ Nursing Home Planning
- ❖ Guardianships
- ❖ Real Estate

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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

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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:

Birthday Parties, Baptism & Communion, Receptions, Baby & Bridal Showers,
Mitzvahs, Family Reunions, Retirement Parties, Holiday Parties, Fundraisers,
Anniversary Parties, Corporate Events, School Functions,
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
featuring weekly
dinner specials, 50¢ wings
and home brewed beer**
Trivia starts at 7pm
*Compete to win gift certificates
for your next visit*



Friday Night...

**Prime Rib Night
4pm - 9pm**
**Weekly Dinner Specials
Early Bird Specials until 6pm**
*Dance to the tunes
of Dick Spass*



Fairways of Halfmoon

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Chicken A La King over Rice Broccoli Warm Apple Cobbler
4	5	6	7	8
Roast Pork w/Apple Glaze Stuffing Peas & Onions Mandarin Oranges	Italian Stew over Rice Tuscan Blend Vegetables Warm Spiced Applesauce	Baked Fish w/Tarragon Sauce Baked Potato w/Sour Cream Mixed Vegetables Chocolate Pudding w/Whipped Topping	Chicken Parmesan Pasta w/Sauce Green Beans Fruit Cocktail	Salisbury Steaks Mashed Potatoes Carrots Pears
11	12	13	14	15
Shepherd's Pie Broccoli Warm Cornbread Pineapple	Baked Fish w/Picatta Sauce Brown Rice Beets Tropical Fruit	Herb Chicken w/Gravy Stuffing Butternut Squash Mandarin Oranges	Pork Loin w/Cranberry Mustard Sauce Red Bliss Potato Brussels Sprouts Peaches	Pasta Bake w/Sauce Tuscan Blend Vegetables Peas Chocolate Chip Cookies
18	19	20	21 Christmas Special	22
Boiled Dinner: Ham & Cabbage Red Potato Carrots Spiced Apples & Raisins	Swedish Meatballs over Noodles Broccoli Mixed Vegetables Pineapple	Macaroni & Cheese Stewed Tomatoes Green Beans Fruit Jell O w/Whipped Topping	Chicken Marsala Garlic Mashed Potatoes Sonoma Blend Vegetables Dinner Roll Cheesecake w/Cherry Topping 	Smothered Chopped Steak Oven Browned Potatoes Spinach Cantaloupe
25 CLOSED	26	27	28	29
	Five Spice Chicken Baked Sweet Potato Beets Pears	Fish Florentine over Brown Rice Corn Warm Berry Crunch	Open Face Hot Roast Beef Sandwich Oven Browned Potatoes Vegetable Trio Chocolate Chip Cookies	Turkey w/Gravy Mashed Potatoes Butternut Squash Mandarin Oranges

Menu Subject To Change

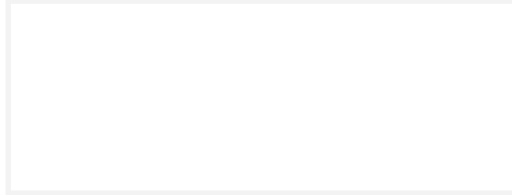
Coffee, Tea and Butter are served daily at sites. The suggested contribution is \$2 per meal. There is a \$6 fee for guests under the age of 60. Please make checks payable to: **Northeast Dining and Lodging, c/o Saratoga County Office for the Aging, 152 West High Street, Ballston Spa, NY 12020**



Clifton Park Senior Community Center
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.