



Clifton Park Senior Community Center

Monthly Newsletter

January 2018

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

NEW YEAR'S DAY:
MONDAY, 1/1

MARTIN LUTHER KING
DAY:
MONDAY, 1/15

PRESIDENT'S DAY:
MONDAY, 2/19

Jumpin' into January 2018 Dinner



FEATURING
DEETS CATERING

MONDAY, JANUARY 22ND

Doors open at 5:00 pm
\$10 Members / \$12 Non-Members

STUFFED CHICKEN BREAST
MASHED POTATOES
VEGETABLE MEDLEY
TOSSED SALAD
FRESH ROLLS WITH BUTTER
DESSERT BROWNIE WITH WHIPPED CREAM

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



News & Events



Wednesday, January 3rd	11:00 am	Community Hospice - Living with Loss program
Monday, January 8th	10:00 am	Chair Yoga 6-Week Winter Session Begins
Monday, January 8th	1:30 pm	Soul Line Dancing 6-Week Session Begins
Monday, January 8th	2:30 pm	Recovery International: Anxiety, Stress, Depression, Fatigue
Tuesday, January 9th	10:00 am	Tai Chi 7-Week Winter Session Begins
Wednesday, January 10th	12:00 pm	Lunch & Learn: Estate Planning & Refrigerators, Glenn Witecki, Esq.
Wednesday, January 10th	1:00 pm	"Magic Mike" Magic Show
Saturday, January 13th	7:00 pm	The Greg Nazarian Dance Band
Friday, January 19th	1:00 pm	Guided Meditation Class by Michael Fuselli (FREE)
Monday, January 22nd	9:00 am	CPSCC will begin accepting appointment requests for AARP Tax Assistance
Monday, January 22nd	2:30 pm	Recovery International: Anxiety, Stress, Depression, Fatigue
Monday, January 22nd	5:00 pm	Dinner: Featuring Deets Catering
Sunday, January 28th	7:00 pm	Brian Zapel - Live Entertainment, Dancing & Karaoke!
Monday, January 29th	2:30 pm	Recovery International: Anxiety, Stress, Depression, Fatigue
Tuesday, February 27th	1:00 pm	MVP Zumba Gold Begins

Winter Closure Information

Watch your local TV Stations. The Center will continue to follow the Shenendehowa School's closure status. If the school district has a 2 hour delay or is closed for the day, the Center will observe the same status. We will also post notices for winter weather alerts on the Town's website at www.cliftonpark.org

AARP Tax Assistance

TaxAide, the free income tax assistance program sponsored by AARP Foundation and the IRS, will be offering free income tax services to our members again this year! **Appointments will be available beginning on February 1st.** We will begin accepting appointment requests on Monday, January 22nd. Appointments must be made in person at the front desk. We will provide you with a packet of important information that will ensure the process is as smooth as possible!

Share your works of art or a collection you have in our beautiful Oak Display Case, located in the main lobby. Please call the Center to sign up. Remember...the case is lighted and always locked.

RENEW YOUR MEMBERSHIP!

The cost of membership at the Center is \$15 annually. All memberships expire December 31, 2017, regardless of when you join. All members are welcome at any Center activities, may receive special discounts on activities and trips, are offered first opportunity to sign up for classes, and receive discounts from our Community Partners. Members also receive our monthly Newsletter to keep up to date on our special events. Interested in joining? Please contact the Center at 518-383-1343, or stop by for more information.



- ◆ *Wooden Bookcases*
- ◆ *Mahjong Set*
- ◆ *Large umbrellas for outdoor table*
- ◆ *Sets of steak knives*
- ◆ *Set of pots & pans*
- ◆ *3 step ladder*

**** We have a piano here at the Center that is FREE to a good home ****

Would you like to be involved in **service to the community**? Do you have ideas for things that we can make or do? Let's Talk!



*Must register at the Front Desk
Bring a lunch if you'd like. We'll serve dessert!!!*

Estate Planning and Refrigerators

Glenn Witecki, Esq.

Wednesday, January 10th at 12pm

They say that people spend more time shopping for a refrigerator than they do in preparing their estate plans, which seems odd, given that our estate plans must take into account our future health care decisions, and the management and distribution of all the assets that we have spent a lifetime accumulating and sacrificing for. If you want to learn more about Wills, Trusts, Living Wills & Health Care Proxies and Powers of Attorney, and how Long Term Care expenses are paid, don't miss this workshop given by Glenn Witecki, Esq., whose law office focuses on these and other Elder Law issues. Perhaps you have a New Year's Resolution that this is the year you finally take care of these matters!

Shenendehowa Senior Investing Club is looking for new members!

The club is dedicated to educating the partners in security evaluation and investment through periodic contributions by the partners for their mutual long term benefit. **Meetings** are held from 9:30am - 11:00 am at the CPSCC on the **2nd Wednesday of the month.**

Contact Warren Nelson for additional information at 518-877-4724 or email at nels52usa@netscape.net



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, January 3rd at 11am.** Please register for the program by contacting the front desk.

Diabetes Support Group

Please join us for the Center's Diabetes Support Group, facilitated by Saratoga County Public Health Services. We cover topics such as diabetic skin and foot care, appropriate fat intake, ways to exercise and keep moving, and much more! Our group will meet from 11 a.m. to 12 p.m., as follows:

January - No Meeting

February 2nd: Judith Carr, Diabetic Educator from Saratoga Hospital

March 2nd: Shannon Lawler from the Alzheimer's Association to discuss Lifestyles with Diabetes

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.

Guided Meditation Class (Free)

**Friday, January 19th
1pm**

Learn a surprisingly simple yet powerful practice that can help you reduce stress, get recharged, and experience improved overall physical health, all while sitting comfortably in a chair. No experience necessary.

Led by Michael Fuselli, who has over 30 years experience practicing & teaching meditation.

Please register at the front desk.

ENTERTAINMENT & THE ARTS

The Greg Nazarian Dance Band Saturday, January 13th - 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.



LIVE ENTERTAINMENT, DANCING, and KARAOKE!

**Sunday, January 28th
Sunday, February 25th
Sunday, March 25th**

7:00 pm

One man band Brian Zapel delivers his wildly entertaining musical presence and engaging personality to the Center for a night of popular music from the 20's to current day favorites.



Contemporary Hits!
Request your favorites!!

50/50 Raffle



The cost is only \$5 per person at the door.

Center Gallery @ the Commons

Are you an artist who is interested in displaying your work at the Center?

If so, please contact Richard Kitchen, President of the Southern Saratoga Artist Society via email at: Rkfineart@gmail.com.

MAGIC MIKE

**Wednesday,
January 10th
1:00 pm**



Magic Show

Clifton Park Senior Community Center

* FREE TO MEMBERS *
PLEASE SIGN UP AT THE FRONT DESK

RED HAT MAMAS

Wednesday, January 10th, 12:00 pm,

Ruby Tuesday, 20 Maxwell Drive, 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, January 20th, 12:30 pm

All single men and women are invited to dine with us at the **Brick Tavern and Grill**, 54 Clifton Country Road in Clifton Park. We will meet at 12:30 pm, order off the menu, have separate checks, and celebrate birthdays for January. We hope to see you all there! Please contact Sandy at 518 399- 5812 for reservations.



Thank you to CDPHP for sponsoring our "Home for the Holidays" Dinner and to Salty's Pub for making an amazing meal!!! We thank the Hudson-Mohawk Chorale singers for not only entertaining, but serving our Seniors. Thank you to our servers: Girl Scouts, National Honor Society, Shenendehowa High School.

Thank you to our valuable Center Volunteers for your assistance with creating the beautiful table centerpieces, assisting with set-up and clean up. Thank you to our own Jewelry Making Group, Judy from 'Beading Buddies', for the donation of the beautiful handmade holiday necklace!

We would like to extend a thank you to the many Clifton Park businesses that offered Gift Cards and Gifts for our Members in the Free raffle. This certainly will help to make the holiday a little brighter:

- Salty's Pub & Bistro, 215A Guideboard Rd - 518.371.1120
- TGI Fridays, 1 Southside Dr - 518.383.7148
- Edible Arrangements, 54 Crossing Blvd - 518.373.4280
- Target, 26 Crossing Blvd - 518.371.6520
- Mr Subb, 54 Crossing Blvd - 518.371.4464
- Ravenswood, 1021 Route 146 - 518.371.8771
- Wheatfields, 54 Crossing Blvd - 518.383.4444
- Red Robin, 1 Halfmoon Crossing - 518.348.1536
- Peddlers, 16 Clifton Park Village Road - 518.952.7166
- Parkwood Wine & Spirits, 1758 Route 9 - 518.383.3464
- Exit 9 Wine & Liquor, 9 Halfmoon Blvd - 518.688-0153
- Dolce & Biscotti, 1758 Route 9 - 518.280.6173
- Greecian Gardens, 1612 Route 9 - 518.373.9950
- Duncan Donuts, 1752B Route 9 - 518.373.2167
- The Cookie Factory, 1705 Route 9 - 518.280.7644
- Cracker Barrel, 4 Tower Way - 518.373.8156
- Market 32, Route 146 & Route 146A - 518.371.3521
- Jacks Liquor Store, 1026 Route 146 - 518.371.7350
- Lindsey's Country Store, 1537 Route 9 - 518.371.3100
- Halfmoon Diner, 231 Grooms Rd - 518.371.1177

The words "THANK YOU" in a bold, blue, sans-serif font, with a blue wavy line underneath.

**FLORAL STAR APPLIQUE QUILT,
VALUED AT \$2,895
WINNER: LOIS PASQUARELL**

**2nd prize Quilted Wall Hanging: Mary Teffenhart
3rd prize Quilted Table Runner: Senthil Vasanthi**

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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.

DAILY ACTIVITY CALENDAR



Daily Activity Calendar

(*denotes free activity/class for members)

Monday	Tuesday	Wednesday	Thursday	Friday
Tap (Int. II) 9-10 am Jazz 10-10:45 am Learn to Play: Golf (Cards) 10-12noon Discussion Group* 10:30-12noon (2nd, 4th Mon) Congregate Lunch 12 pm Clogging 12-1:30 pm Quilting Group* 1-3 pm Soul Line Dancing 1:30-2:30pm Osteo-Exercise* 2:30-3:30 pm Recovery International* 2:30-4pm	Exercise to Tapes* 8:45-9:45 am Pool & Billiards* 9-12noon Learn to Play: Pinochle* 9:45-11:45 am Learn to Play: Left-Center-Right (Dice)* 10-12noon (every other week) Learn to Play: Dice 3000* 10-12noon (every other week) Duplicate Bridge Lesson 10-11:00 pm Tai Chi 10:-11:00 pm Duplicate Bridge 11:30-3:30 pm Congregate Lunch 12 pm Scrabble* 1-3 pm MVP Zumba Gold* 1-1:45 pm (Seasonal)	Exercise to Tapes* 8:45-9:45 am Senior Investment Club 9:30-11:30 am (2nd Wed.) TOPS 10-11:30 am Shabby Sheik Crafts with Carmen D 10-11 am (see front desk) Memories to Memoirs* 10-11:30 am Social Bridge* 10-12noon Living with Loss* 11-12:00 pm (1x/month) Congregate Lunch 12 pm Learn to Play: Hand and Foot (Cards)* 12:30-3:00 pm (every other) Learn to Play: NEW-Dice 6-5-4* 1-3 pm (every other) Poker* 1-3 pm Crocheting & Knitting* 1-3 pm Osteo-Exercise* 2:30-3:30 pm	Exercise to Tapes* 8:45-9:45 am Pool & Billiards* 9-12noon Chorus* 10:00-11:30 am Yoga 10-11:00 am Watercolors & Sketching 10-12:30 pm Legal Assistance* by appt. 10-12noon (3rd Thurs.) Seton Health "Seniorcize"* 11-12 pm (Seasonal) Duplicate Bridge 12:00-4:00 pm Congregate Lunch 12 pm Pinochle* 12:30-3:00 pm Mahjong* 12:30-3:00 pm Learn to Play: Asian Mahjong 12:30-2:30 pm BUNCO (Dice) 1-3:00 pm (every other week)	Orchestra 9-10:55 am Woodcarving* 9-12noon Tap Advanced 9-10 am Dominoes* 10-11:30 am Ballet 10-10:45 am Big Band 10:55-12:20 pm Diabetes Workshop* 11am-12 pm (No Jan class) Movie Day* 1/12, 1/26 11:30 am Congregate Lunch 12 pm Beading Buddies 12:30 - 2:00 pm (every other) BINGO 1- :00 pm (every other Friday) Scrabble* 1-3 pm Osteo Exercise* 2:30-3:30 pm

All dates are subject to change.

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

GAME ON! - LEARN TO PLAY



Game On! – Learn to Play!



MONDAY

Golf (Cards) from 10:00 - 12:00 pm - 1/8, 1/22 - Learn to Play

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### TUESDAY

Pool & Billiards from 9:00 - 12:00 pm (weekly)  
Pinochle from 9:45 - 11:45 - Learn to Play (weekly)  
Dice 3000 from 10:00 - 12:00 pm - 1/2, 1/16, 1/30 - Learn to Play  
Left – Center – Right (Dice) from 10:00 - 12:00 am - 1/9, 1/23 - Learn to Play  
Scrabble from 1:00 - 3:00 pm (weekly)

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WEDNESDAY

Social Bridge from 10am - 12:00pm - Improve your game - (weekly)
Hand & Foot (Cards) from 12:30 - 3:00 pm - 1/3, 1/17, 1/31 - Learn to Play
Dice 6-5-4 from 1 - 3:00pm - 1/10, 1/24 - Learn to Play
Poker from 1 - 3:00 pm (weekly)

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### THURSDAY

Pool & Billiards 9 - 12:00 pm (weekly)  
Mahjong from 12:30 - 3:00 pm (weekly)  
Asian Style Mahjong from 12:30 - 2:30pm (weekly) - Learn to Play  
Pinochle from 12:30 - 3:00 pm (weekly)  
BUNCO (Dice) from 1 - 3:00 pm - 1/11, 1/25 (\$5.00) - Learn to Play

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FRIDAY

Dominoes from 10 - 11:30 (weekly)
Movie Day 11:30 am - Bring your lunch - We'll serve popcorn - 1/12, 1/26
Vote for your favorite movie at the front desk
BINGO 1:00 pm - 1/5, 1/19
Strategic Scrabble from 1:00 - 3:00 pm – 1/17 - 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

All are Welcome!!



Calling All Members!!!!

Clifton Park Woodcarvers Club - Every Friday: 10am - 12noon

The Clifton Park Woodcarvers Club invites you to join them each week on Friday morning at 10:30 a.m. We are an active group of women and men who are engaged in all types of woodworking. No dues are collected. All you need is an interest in taking up woodcarving and socializing with a group of people who get so much out of what they do. Our skills can be taken out into the community to participate in other events. Most of all, no skill or prior experience necessary. The club has many members with a lot of experience in carving to help you pick up a knife and have the time of your life in the art of woodcarving. Think of it as saving a piece of a tree for a lifetime. Come and see what we're doing. Join us for a cup of coffee. See the pleasure each of us gets from carving. Think of carving a teddy bear for a grandchild or a wood sculpture for a special person. If you have the time, we will share our time to help you on your way.

Social Bridge - Every Wednesday: 10am - 12noon

Interested in becoming a better Bridge Player, but don't like a lot of pressure? Join us for Social Bridge on Wednesday mornings at 10am. 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 of the hands, not to mention talking about ourselves and our families. So, if you're at all interested, check us out! No need to sign up - just show up!

Beading Buddies - every other Friday: 12:30pm - 2:00pm

Led by instructor Judy Polnak, participants practice the art of beading and share tips and ideas with one another. Participants bring & share their own materials.

Dominoes - Fridays 10am-11:30am

This game is easy to learn, but requires a little skill and a little patience. This is a great way to exercise your mind, enjoy competition, or pass time with friends.

Pool & Billards - Tuesdays & Thursdays 9am-12noon

It's all about angles, geometry, and a good touch with a cue stick. New players always welcome!

Learn to Play Pinochle - Every Tuesday: 9:45am-11:45am The object of this card game is to bid, make trump, and take tricks.

Pinochle - Every Thursday: 12:30 pm - 3:00 pm The object of this card game is to bid, make trump, and take tricks.

Scrabble - Every Tuesday and Friday: 1pm - 3pm

Keep your mind active and alert with this challenging, interesting and fun board game.

Low Impact Aerobic Exercise to Tape - every Tuesday, Wednesday & Thursday: 8:45am - 9:45am:

Early risers - please join us!!

Ballet - Every Friday: 10am-10:45am; \$24 per six week session. Former Rockette Janet Murphy instructs students in ballet dance and basics.

Jazz Dance - Every Monday, 10am-11am; \$24 per six week session. Former Rockette Janet Murphy instructs students in jazz dance and basics.

Chorus - Every Thursday: 10am - 11:30 am

Led by Bernard Ouimet, this group practices weekly at the Center. The group practices popular songs that are performed at senior centers and nursing homes. We welcome new and enthusiastic voices. **No experience necessary** - just a willingness to smile and enjoy the adventure of bringing joy to our audiences. In January, we practice for our spring concerts. We need all voices: soprano, alto, tenor and bass.

Orchestra on the Common— every Friday: 9am-10:55am

The orchestra is always looking for people who play, or have played, a musical instrument. Several concerts are performed throughout the year.

Interested in CHESS?

Would you be interested in a chess club at the Center? This is a wonderful activity to exercise the brain! All skill levels who know the fundamentals of the game are welcome. Instruction is available when the group has a participant comfortable with this role. Please contact the front desk if interested!



**CALLING
ALL
MEMBERS...**



ARE YOU CONCERNED that if you need nursing home care, everything you worked for and saved will go to the nursing home? Haven't done any planning in advance?

Know this: Even without prior planning you can preserve half or more for your family members, even if you are about to enter a Nursing Home. And if you plan five years in advance, you can save a lot more.

Want to learn more? Schedule a consultation with Glenn Witecki, Esq. at the Senior Center on any third Thursday of the month.



Witecki Law Office

8 S. Church Street
Schenectady, NY 12305

518.372.2827



Glenn J. Witecki, Esq.



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- ❖ Medicaid Applications
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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

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News & Events

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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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residences
stand alone.
Kingsway
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.

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after begin
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a special place for
photos now!*



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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
featuring weekly
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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*



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Clifton Park Senior Community Center News & Events

Congregate Lunch Served Monday-Friday 12 pm

Saratoga County Office for the Aging offers hot lunches daily at the Center with advance reservations. Daily lunches are prepared by Northeast Dining & Lodging (NDL). Participants must be at least 60 years old. **First time participants must complete a registration form.** Registered participants must call to make a reservation, **no later than 12 noon**, the day before attending for lunch. Participants will receive a monthly contribution letter with a suggested contribution of \$2 per meal. Those under the age of 60 are allowed, but must be accompanied by a senior and pay a \$6 fee. Menus are available at the Center. Please contact the Center at (518) 383-1343, for more information.

SARATOGA COUNTY OFFICE FOR THE AGING - January 2018 HOME DELIVERED MEALS 363-4020 or 363-4033

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED	2	3	4	5 New Year's
	Chili Rice Spinach Pineapple	Herb Encrusted Fish Red Bliss Potatoes Carrots Mandarin Oranges	Baked Chicken w/Gravy Mashed Sweet Potato Vegetable Trio Chocolate Pudding w/ Whipped Topping	Special  Eggplant Parmesa Pasta w/Sauce Peas & Onions Dinner Roll Frosted Holiday Cake
8	9	10	11	12
Chicken & Biscuit Broccoli Tropical Fruit	Beef Pot Roast Red Bliss Potato Carrots Fruit Jell O w/Whipped Topping	Open Faced Hot Turkey Sandwich Butternut Squash Peas Mandarin Oranges	Stuffed Pepper Casserole Mexican Corn Warm Spiced Peaches	Chicken A La King over Rice Broccoli Warm Apple Cobbler
15 CLOSED	16	17	18	19
	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 Steak Mashed Potatoes Carrots Fresh Orange
22	23	24	25	26
Shepherd's Pie Beets Warm Cornbread Pears	Baked Fish w/Piccata Sauce Brown Rice Broccoli Mandarin Oranges	Herb Chicken w/Gravy Stuffing Butternut Squash Tropical Fruit	Pork Loin w/Cranberry Mustard Sauce Red Bliss Potato Brussels Sprouts Peaches	Stuffed Shells w/ Meat Sauce Tuscan Blend Vegetables Peas Yogurt
29	30	31		
Ham w/Pineapple Sauce Sweet Potato Cauliflower Spiced Apples & Raisins	Swedish Meatballs over Noodles Broccoli Carrots Pineapple	Baked Fish Macaroni & Cheese Stewed Tomatoes Fruit Jell O w/Whipped Topping		

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**



Dear Center Members,

What a very busy month we've had with wonderful performances in December. Entertainment by the Swing Band Concert, Orchestra on the Common Concert, Karigon Elementary Choral Concert and our Clifton Park Senior Community Center Chorus Concert. We enjoyed two very nice holiday trips to Williamstown and downtown Albany for Lights in the park.

We've had some interesting and informative speakers and programs at the center along with a wonderful dinner catered by Salty's Pub & Bistro. Thank you to all of our staff and our wonderful volunteers that help to make all of these things happen. At our holiday dinner, we gave away more than \$600 in gift cards and gifts to our CPSCC members in a free raffle. These gifts were donated by our wonderful local Clifton Park businesses.

Our quilters raffled their year-long project, a hand sewn queen sized quilt valued at \$2,895 – 'Floral Star Alplique.' Congratulations to our winner Lois Pasquarell. Second Place Winner was Mary Teffenhart and Third Place Winner was Senthil Vasanathi. Congratulations ladies!

On behalf of our staff, I'd like to say thank you for the support from our wonderful Town Board, all of the volunteers, class facilitators and sponsors that come together to make this senior center run smoothly and efficiently. We do look forward to a fun and brighter new year. Please do continue to share with me your ideas and suggestions. Together let's make this the best year yet!

We wish you and yours a very happy New Year!

Sue Leonard, Director

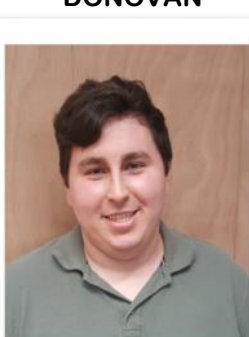
SUE



RAINA



DONOVAN



SHIRLEY



ROSE

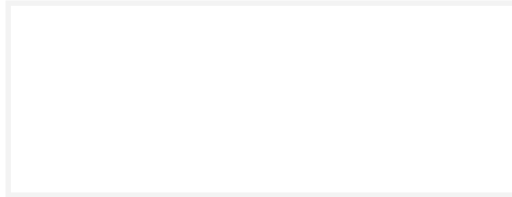




Clifton Park Senior Community Center
6 Clifton Common Court
Clifton Park, NY 12065
(518) 383-1343

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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 Dan Clemens	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.