



# Clifton Park Senior Community Center

## Monthly Newsletter

February 2018

*\*All 2017 memberships have expired. Please be sure to renew so that you continue to receive your newsletter every month.\**

### Clifton Park Senior Community Center

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

[www.cliftonpark.org](http://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

**PRESIDENT'S DAY:**  
**MONDAY, 2/19**

Winter Closure Info:  
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.



## *The Snow Ball*



at the Clifton Park Senior Community Center

**MONDAY, FEBRUARY 12<sup>TH</sup> - DOORS OPEN AT 5:30 PM**  
**\$10 MEMBERS / \$12 NON-MEMBERS**

*Food prepared by:*

Home of the  
*Good Shepherd*

- ◆ Finger Sandwiches ◆ Fruit & Cheese Display ◆
- ◆ Crudité Platter ◆ Stuffed Mushrooms ◆ Scallops Wrapped in Bacon ◆
- ◆ Sweet & Sour Meatballs ◆ Pigs in a Blanket ◆
- ◆ Assortment of Mini Cheese Cakes & Gourmet Cupcakes ◆

*We Do Fondue*  
**We Go With The Flow**

- ◆ Chocolate Fondue ◆ Punch Fountain ◆

*Live entertainment and dancing with*  
***The Greg Nazarian Band***  
***Dance Fire Studio***

Please sign up at the front desk. Space is limited.

# News & Events



Friday, February 2nd	11:00 am	Diabetes Support Group
Monday, February 5th	1:00 pm	NEW! Chess, Checkers and Backgamman
Wednesday, February 7th	10:00 am	Carmen's Crafts
Wednesday, February 7th	11:00 am	Community Hospice - Living with Loss Support Group
Saturday, February 10th	7:00 pm	The Greg Nazarian Dance Band
Saturday, February 10th	9:30 am - 4:00 pm	Town of Clifton Park WINTERFEST
Monday, February 12th	5:30 pm	Dinner: The Snow Ball featuring food prepared by Home of the Good Shepherd
Wednesday, February 14th	10:00 am - 2:00 pm	♥ Valentine's Day with Punch & Pastries ♥
Friday, February 16th	1:00 pm	Paint & Pastries
Wednesday, February 21st	9:00 am - 4:00 pm	AARP Smart Driver Course
Wednesday, February 21st	12:00 pm	Lunch and Learn: New York State EPIC 101
Sunday, February 25th	7:00 pm	Live entertainment, dancing and Karaoke with Brian Zapel
Tuesday, February 27th	1:00 pm	MVP Zumba Gold Begins
Sunday, March 18th	12:00 pm	DAY TRIP: Curtain Call Theater - Lunch & Show
Monday, March 19th	5:00 pm	Dinner: Featuring food prepared by Coburg Village
Saturday, April 7th	9:00 am - 4:00 pm	Spring Book Sale
Sunday, April 8th	11:00 am - 3:00 pm	Spring Book Sale
Monday, April 16th	5:00 pm	Dinner: Featuring food prepared by Kingsway Community
June 23rd, 24th, 25th	Multi-Day	<b>TRIP: Multi-Day Trip to Boston</b>

**RENEW YOUR MEMBERSHIP!** The cost of membership at the Center is \$15 annually. All memberships expired 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.

## Another benefit of membership...

You can come check out our DVD collection in our Library. **Free Rentals.**



**TRIPS! See Inside Back Cover  
Our 1st Multi-Day Trip &  
Day Trips Too!**

## AARP Tax Assistance

### We are now accepting appointments!

TaxAide, the free income tax assistance program sponsored by AARP Foundation and the IRS, will be offering free income tax services again this year! 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.



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

## **New York State EPIC 101**

Presenter Mark McLaughlin  
Wednesday, February 21st, 12 noon

### Topics of this Lunch and Learn will include:

- What is EPIC?
- What are the Requirements?
- Who is Eligible?
- How do I enroll?
- How does the plan work?

*The Elderly Pharmaceutical Insurance Coverage (EPIC) program is a New York State program for seniors administered by the Department of Health. It helps more than 320,000 income-eligible seniors aged 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs.*

**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, February 7th 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:

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.

## **GREAT NEWS!!!! 2-DAY Spring Book Sale**

**Saturday, April 7th from 9am - 4pm  
Sunday, April 8th from 11am - 3pm**



For additional information or if you would like to Volunteer, please contact Barb at (518) 383-6370.

## ENTERTAINMENT & THE ARTS

### The Greg Nazarian Dance Band 7:00pm

Saturday, February 10th  
Saturday, March 10th  
Saturday, April 14th



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.



### **RED HAT MAMAS**

**Wednesday, February 14th, 12:00 pm,**  
**Olive Garden Italian Restaurant, 303 Clifton Park Center Road, Clifton Park.** Please RSVP by calling Jackie at (518) 630-5796 if your last name begins with A-L or Betty at (518) 406-5167 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, February 17th, 12:30 pm**  
All single men and women are invited to join us for lunch at **Sushi Thai at the Park** in Clifton Park. We order off the menu, get separate checks and celebrate birthdays for the month. We are returning here due to popular request, so please join us! Please contact Sandy at 518 399- 5812 no later than Wednesday, February 14th for reservations. We hope to see you all there!

### **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](mailto:Rkfineart@gmail.com).

### LIVE ENTERTAINMENT, DANCING, and KARAOKE!

7:00 pm

Sunday, February 25th  
Sunday, March 25th  
Sunday, April 29th

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!!

Open to the Public



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

# 2018



**Saturday  
February 10, 2018**

**9:30 a.m. to 4:00 p.m.**

Please stop in to the Senior Center or Town Hall for a full activity brochure. For questions please call 518-371-6667 or visit [www.cliftonpark.org](http://www.cliftonpark.org). On the day of event call Riverview Orchards 518-371-2174.



*Thank you Deets Catering for providing a delicious meal at our Jumpin' into January Dinner. What a great night!*

*We also thank the volunteers from Youth Court & Girl Scouts for a job well done with serving our seniors and assisting with clean-up. Thank you to our Center Volunteers for creating beautiful table centerpieces, and your continued help with the set-up and clean-up of our monthly dinners.*



**MIKE DEETS**  
423 Route 146  
Clifton Park, NY 12065  
518.605.2244

**DEETS**  
CATERING & MORE

*From Our Table to Yours*



*Deets Catering & More prides itself on being home grown, offering the highest quality catering and buffet options.*

[www.deetscatering.com](http://www.deetscatering.com)

## 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

# DAILY ACTIVITY CALENDAR



## Daily Activity Calendar

(\*denotes free activity/class for members)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Tap (Int. II)</b> 9-10 am  <b>Jazz</b> 10-10:45 am  <b>Chair Yoga</b> 10-11:00 am  <b>Discussion Group*</b> 10:30-12noon (2nd, 4th Mon)  <b>Congregate Lunch</b> 12 pm  <b>Clogging</b> 12-1:30 pm  <b>Quilting Group*</b> 1-3 pm  <b>Chess, Checkers &amp; Backgammon*</b> 1-3 pm  <b>Soul Line Dancing</b> 1:30-2:30pm  <b>Osteo-Exercise*</b> 2:30-3:30 pm  <b>Recovery International*</b> 2:30-4pm	<b>Exercise to Tapes*</b> 8:45-9:45 am  <b>Pool &amp; Billiards*</b> 9-12noon  <b>Learn to Play: Left-Center-Right (Dice)*</b> 10-12noon (every other week)  <b>Learn to Play: Dice 3000*</b> 10-12noon (every other week)  <b>Duplicate Bridge Lesson</b> 10-11:00 pm  <b>Tai Chi</b> 10-11:00 pm  <b>Duplicate Bridge</b> 11:30-3:30 pm  <b>Congregate Lunch</b> 12 pm  <b>Scrabble*</b> 1-3 pm  <b>MVP Zumba Gold*</b> 1-1:45 pm (Seasonal) Begins February 27th	<b>Exercise to Tapes*</b> 8:45-9:45 am  <b>Senior Investment Club</b> 9:30-11:30 am (2nd Wed.)  <b>TOPS</b> 10-11:30 am  <b>Carmen's Crafts</b> 10-11:00 am (see front desk for schedule)  <b>Memories to Memoirs*</b> 10-11:30 am  <b>Social Bridge*</b> 10-12noon  <b>Living with Loss*</b> 11-12:00 pm (1x/month)  <b>Congregate Lunch</b> 12 pm  <b>Learn to Play: Hand and Foot (Cards)*</b> 12:30-3:00 pm (every other week)  <b>Learn to Play: Dice 6-5-4*</b> 1-3 pm (every other week)  <b>Poker*</b> 1-3 pm  <b>Crocheting &amp; Knitting*</b> 1-3 pm  <b>Osteo-Exercise*</b> 2:30-3:30 pm	<b>Exercise to Tapes*</b> 8:45-9:45 am  <b>Pool &amp; Billiards*</b> 9-12noon  <b>Chorus*</b> 10:00-11:30 am  <b>Yoga</b> 10-11:00 am  <b>Watercolors &amp; Sketching</b> 10-12:30 pm  <b>Legal Assistance*</b> by appt. 10-12noon (3rd Thurs.)  <b>Seton Health "Seniorcize"*</b> 11-12 pm (Seasonal)  <b>Duplicate Bridge</b> 12:00-4:00 pm  <b>Congregate Lunch</b> 12 pm  <b>Pinochle*</b> 12:30-3:00 pm  <b>Mahjong*</b> 12:30-3:00 pm  <b>BUNCO (Dice)</b> 1-3:00 pm (every other week)  <b>Learn to Play: Golf (Cards)</b> 1-3:00 pm (every other week)	<b>Orchestra</b> 9-10:55 am  <b>Woodcarving*</b> 9-12noon  <b>Tap Advanced</b> 9-10 am  <b>Dominoes*</b> 10-11:30 am  <b>Ballet</b> 10-10:45 am  <b>Big Band</b> 10:55-12:20 pm  <b>Diabetes Workshop*</b> 11am-12 pm (1x a Month)  <b>Movie Day*</b> 12:30pm (First Friday of Month)  <b>BINGO</b> 12:30 pm (every Friday except 1st Friday)  <b>Congregate Lunch</b> 12 pm  <b>Beading Buddies</b> 12:30 - 2:00 pm (every other) No Classes in February  <b>Scrabble*</b> 12:30 - 2:30 pm  <b>Learn to Play: Strategic Scrabble*</b> 12:30 - 2:30 pm (1x per Month)  <b>Osteo Exercise*</b> 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!



## MONDAY

**NEW!! Chess, Checkers & Backgammon** 1 - 3:00 pm (weekly)

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## TUESDAY

**Pool & Billiards** 9 - 12:00 pm (weekly)  
**Dice 3000** 10 - 12:00 pm - 2/13, 2/27 - Learn to Play  
**Left – Center – Right (Dice)** 10 - 12:00 pm - 2/6, 2/20 - Learn to Play  
**Scrabble** 1 - 3:00 pm (weekly)

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## WEDNESDAY

**Social Bridge** 10 - 12:00pm - Improve your game - (weekly)  
**Hand & Foot (Cards)** 12:30 - 3:00 pm - 2/14, 2/28 - Learn to Play  
**Dice 6-5-4** 1 - 3:00 pm - 2/7, 2/21 - Learn to Play  
**Poker** 1 - 3:00 pm (weekly)

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## THURSDAY

**Pool & Billiards** 9 - 12:00 pm (weekly)  
**Mahjong** 12:30 - 3:00 pm (weekly)  
**Pinochle** 12:30 - 3:00 pm (weekly)  
**BUNCO (Dice)** 1 - 3:00 pm - 2/8, 2/22 (\$5.00) - Learn to Play  
**Golf (Cards)** 1 - 3:00 pm - 2/1, 2/15 - Learn to Play

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## FRIDAY

**Dominoes** 10 - 11:30 am (weekly)  
**Movie Day** 12:30 pm - Bring your lunch - We'll serve popcorn - First Friday of Month - 2/2  
(Vote for your favorite movie at the front desk)  
**BINGO** 12:30 pm - Every Friday except the First Friday of the Month - 2/9, 2/16, 2/23  
**Strategic Scrabble** 12:30 - 2:30 pm – 2/9 - Learn to Play  
**Scrabble** 12:30 - 2:30 pm (weekly)



*Bring a lunch or dine with the Senior Nutrition program  
All are Welcome!!*



# VOLUNTEER OPPORTUNITIES



**Do you like planning activities? What do YOU want to do? This is your chance to get involved! We are always looking for dedicated, enthusiastic volunteers whose time and effort allow us to continue expanding and improving our programs and services. Join us and have some fun!**

- **Class Instructor/Program Leader:** There are opportunities to lead weekly classes in a wide range of subjects (ie. art, current events, languages, history, photography, crafts, science, card playing and more).
- **Group or Club Leader:** Do you have a hobby or special interest that is not currently represented at the Senior Center? Consider leading a group or club and connect with like-minded members. Whether it is a book club, walking club, bowling club, cooking, or anything else you like to do, there is probably others at the Center who would like to join you.
- **Dinner Committee:** Looking for Committee Members to assist with planning, promoting, set-up, and event day help and clean up of our monthly dinners.
- **Trips Committee:** Looking for Committee Members to assist with planning, promoting & organizing Day trips.
- **Front Desk Ambassador:** Great way to meet everyone! Front Desk Ambassador will greet newcomers & members, assist with answering phones, replenish coffee. Looking for help on Mon, Tues, Wed & Friday afternoons. As well as someone to fill in as necessary.
- **Special Events Committee:** Looking for Lead Coordinator & Committee members to help with planning and facilitation of events such as talent shows, fashion shows, speed friending, etc.
- **Technology Mentors** - Does technology come easy to you? Are you willing to share your knowledge with seniors who are eager to learn? Volunteer mentors provide one-on-one technology lessons using computers, tablets and smartphones and can cover a variety of topics ie. basic navigation, internet, emails, Facebook, apps, video chatting.
- **Bingo Volunteer** - We need Bingo callers! Bingo is at 12:30pm on every Friday except the first Friday of the month.
- **Service Projects Volunteers** - Looking for volunteers to help coordinate service projects for our community. Do you have ideas for things that we can make or do? In the past we have made stockings for soldiers, provided food for local food pantry's, adopted a child for Christmas.



**Sign up sheets located at the front desk!**

# LET'S GET CREATIVE

## Paint and Pastries

February 16th  
1:00pm - 2:30pm



Come join us for an afternoon of creativity, fun, and great food! The 11x14 painting chosen for this class is entitled "Blueberries for the Chickadees." Sign up is required and offered to Center members at a discounted rate. Class space is limited.

MEMBERS: \$15.00  
NON-MEMBERS: \$25.00

Class Value: \$25

## Carmen's Crafts

Wednesdays  
10am - 11am

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

All are welcome.

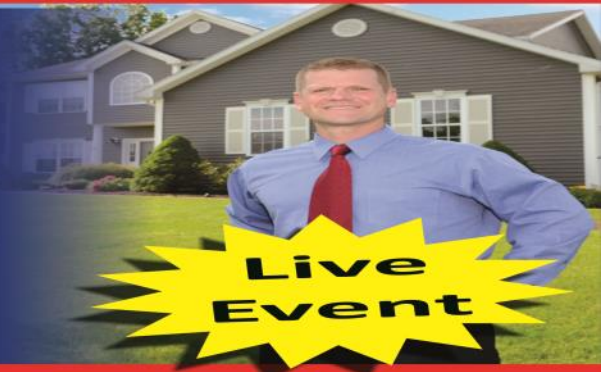
No experience necessary.



February 7th  
February 28th  
March 14th  
March 28th

## Live Fix and Flip Seminar

**Carr**  
REAL ESTATE GROUP  
LICENSED REAL ESTATE BROKER  
518-488-2434



Featuring Rich Carr  
Saturday, April 28th 12-5PM  
Clifton Park Senior Center  
\$30 per person - Lunch Provided

For more information visit:

[LiveFixandFlip.com](http://LiveFixandFlip.com)

# LET'S MOVE

## ***Soul Line Dancing*** MOVIN' AND GROOVIN'

**3 weeks left** of our Soul Line Dancing:  
**MONDAYS from 1:30pm – 2:30pm**  
on the following dates:

February 5, 12, 26  
*\$9.00 for 3-weeks*

Dancing with  Dancers of B Spa

*Must Register at the Front Desk*



## **Chair Yoga** **6-week Winter Session**

***THERE'S STILL TIME TO JOIN IN !!!!***

Class Time: 10:00am – 11:00am  
Class Dates: Mondays as follows:  
1/8, 1/22, 1/29, 2/5, 2/12, 2/26  
No class on 1/15 or 2/19  
Cost: \$7/session

*Please Register at the Front Desk*

## **MVP Zumba Gold®**

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

**Date:** Tuesdays, February 27th through May 15th

**Time:** 1:00pm - 1:45pm

Space is limited.

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



*This MVP Living Well Program is free,  
compliments of MVP Health Care*



## **DIVORCE & FAMILY LAW**



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**(518) 309-6094**



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## **FEBRUARY IS AMERICAN HEART MONTH**

Heart disease has probably already touched you or someone you know. Make it your mission to fight heart disease and stop the No. 1 killer in America. Go Red for someone you love!

# Calling All Members!!!!

## Clifton Park Woodcarvers Club - Every Friday: 9am - 12noon

The Clifton Park Woodcarvers Club invites you to join them each week on Friday morning at 9:00 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!

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? - every Monday, 1pm - 3pm

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...**

# AARP Smart Driver Course

WEDNESDAY, FEBRUARY 21, 2018

9:00am-4:00pm

Clifton Park Senior Community Center  
6 Clifton Common Ct., Clifton Park NY 12065  
(518) 383-1343  
Seats Available: 30

- **Cost: AARP Members: \$20 Non-Members: \$25**
- Advance Reservations Required. Payment must also be received in advance by check or money order. CASH NOT ACCEPTED.
- Checks must be made payable to AARP and copy of your AARP Membership Card is required to accompany payment.
- **You MUST bring your Driver's License to the class.**
- Preference for attendance will be given to members of the CPSCC.
- After the 30 attendees are selected, others wishing to attend will be put on a waiting list for the next class being offered or will be called to fill any cancellations for the February 21<sup>st</sup> class.

#### **Refunds:**

*Checks or money orders will be voided only if cancellation is given 3 business days in advance of class. Failure to cancel or not show for class will result in individual being placed on waiting list for next class.*



***Participants attending the AARP Smart Driver Course are invited to the Center's Congregate Lunch from 11:55am-12:45pm***

*Vending machines are also available for soda, water and snacks*

- Participants must be age 60 and over.
- Participants under age 60 are allowed if they are accompanied by a senior. They are considered a guest and there is a \$6 fee collected.
- All **first time** participants must sign up for meal in advance by filling out form. Forms are available in the kitchen between the hours of 9:45am – 11:45am.
- Participants who plan to attend the Congregate Lunch **must call the kitchen at (518) 383-1343 the day before the class.** between the hours of 9:45am and 11:45am, to verify they are having lunch the following day.
- Those participants age 60 and over will receive a voluntary contribution letter from the office for the aging. Suggested contribution is \$2/meal.
- Participants under the age of 60 years will make their check payable to NDLC/o Saratoga County Office for the Aging. Must be paid in advance to site manager. Check or cash accepted.

**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.



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



*Chauvin Gleason*

FAMILY DENTISTRY

Chauvin | Papa | Berls | Hwang | Milward

981 Route 146 at George Drive  
Clifton Park, NY 12065  
Phone: 518-371-0224  
Fax: 518-371-8931

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- Dentures • Crowns
- Bridges • Partial • Preventative Care

**\*Now Accepting CDPHP Medicare\***  
No Insurance? 10% Senior Discount

*\*Accepting New Patients\**

## Life's Agreements

Camaron J Thomas, PhD.

518-753-6903

### Written agreements

for any situation, from parenting a teenager, or navigating retirement, to caring for an elder parent.

**Be Certain...Write It Down!**

## 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**

Many  
senior living  
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.

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.

Outstanding coordinated care, all on one campus: that's the Kingsway difference.



KINGSWAY MANOR ASSISTED LIVING WAS AWARDED THE 2017 NATIONAL SILVER QUALITY AWARD FROM THE AMERICAN HEALTH CARE ASSOCIATION/NATIONAL CENTER FOR ASSISTED LIVING.



Skilled Nursing | Rehabilitation | Assisted Living  
Memory Care | Senior Apartments | Home Care  
Adult Day Program | Respite

323 Kings Road, Schenectady, NY 12304 | 518.393.8800 | kingswaycommunity.com



KINGSWAY  
HOME CARE  
SERVICE



Kingsway Community  
Home Care Service

321 Kings Road, C-5, Schenectady, NY 12304  
518.382.8187 • kingswaycommunity.com

Helping Seniors for over 30 years.

## Core Chiropractic and Massage Therapy



**Michael Dudick, D.C.**  
377 Route 146, Clifton Park  
(518) 664-2673

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## Sonya Chandler

*Independent Licensed Insurance Broker*

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"Helping Seniors with Health Insurance Options"

**A FREE COMMUNITY SERVICE for Over 10 Years**

Capital Region of NY • (518) 364-0162

[SonyaAChandler@gmail.com](mailto:SonyaAChandler@gmail.com)

# Dream Weddings, Breathtaking Views, Stunning Banquets



*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](http://www.fairwaysofhalfmoon.com)

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

# Confused About Your Medicare Plan?



Looking for a Medicare plan that fits your needs? Turning 65, new to Medicare or leaving a retiree health plan? Do you understand how New York State EPIC works? Are you paying too much for your healthcare coverage?

Our mission is to provide our people with tailored coverage for the lowest cost possible.

*Call today to schedule a time to learn more about Medicare.*

Hospital Coverage | Medical Coverage | Medicare Advantage | Drug Coverage  
Learn if you qualify for extra help, MSP or EPIC.

[www.handlinsuranceco.com](http://www.handlinsuranceco.com)



**H&L INSURANCE**

Michael O'Brien, President

2441 State Highway 30 | Mayfield, New York | 518-661-6300 | [mmobrien@nycap.rr.com](mailto:mmobrien@nycap.rr.com)

We are a local agency that represents several of the area's leading insurers.







# 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 - February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
			Swiss Steak Mashed Potatoes Spinach & Greens Blend Cantaloupe	Chicken Divan Rice Sonoma Blend Vegetables Peaches
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Pasta w/Meatballs Lima Beans Parmesan Cheese Warm Spiced Applesauce	Five Spice Chicken w/Gravy Baked Sweet Potato Beets Pears	Fish Florentine over Brown Rice Mixed Vegetables Warm Berry Crunch	Turkey w/Gravy Mashed Potatoes Butternut Squash Mandarin Oranges	Open Face Hot Roast Sandwich Oven Browned Potatoes Vegetable Trio Chocolate Chip Cookies
<b>12</b>	<b>13</b>	<b>14</b> <i>Valentine's Special</i>	<b>15</b>	<b>16</b>
Roast Pork w/Gravy & Mashed Potatoes Brussels Sprouts Warm Apple Crisp	Chili Rice Spinach Pineapple	Vegetable Lasagna Zucchini & Yellow Squash Garlic Roll  Red Velvet Cake w/Cream Cheese Frosting	Baked Chicken w/Gravy Mashed Sweet Potato Broccoli & Cauliflower Chocolate Pudding w/Whipped Topping	Herb Encrusted Fish Rice Carrots Tartar Sauce Pears
<b>19</b> <b>CLOSED</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	Chicken & Biscuit Broccoli Fresh Orange	Beef Pot Roast Red Bliss Potato Carrots Fruit Jell-O w/Whipped Topping	Stuffed Pepper Casserole Mexican Corn Warm Spiced Peaches	Eggplant Rollatini w/ Marinara Sauce Pasta w/Marinara Sauce Green Beans Yogurt
<b>26</b>	<b>27</b>	<b>28</b>		
Roast Pork w/Apple Glaze Stuffing Peas & Onions Mandarin Oranges	Italian Stew over Rice Tuscan Blend Vegetables Warm Spiced Applesauce	Salisbury Steaks Mashed Potatoes Vegetable Trio 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**

# TRIPS

**CURTAIN CALL THEATRE in Latham, NY**  
*THE IMPORTANCE OF BEING EARNEST*  
by Oscar Wilde

**Sunday, March 18, 2018**

**12:00 noon Departure – 5:30 pm Return**

We'll start with lunch at the Latham Diner  
Separate checks for everyone

The exhilarating masterpiece about two bachelor friends and the double lives they lead. It features some of the most brilliant dialogue and witticisms ever created.

**\$47/members \$51/non members**  
Includes Transportation and the Show  
Everyone will pay for their own dinner

All trips must be paid for in full when signing up for the trip.

**This trip will begin and end at the Clifton Park Senior Center 6 Clifton Common Blvd, Clifton Park**

There are no Refunds unless the trip is cancelled.

**Checks made payable to the Town of Clifton Park** and mailed to 6 Clifton Common Court, Clifton Park, NY 12065

## BOSTON!

**3 Days & 2 Nights**  
**June 23rd - June 25th**

A rich tour of the historical city of Boston combined with the beauty of the Atlantic coast.

**Day 1:** Enjoy John F. Kennedy Presidential Library & Museum with permanent exhibits dedicated to First Lady Jacqueline Kennedy, The Space Race and more.

**Day 2:** A Guided Tour of Boston which includes: Trinity Church, Boston Common, John Hancock Tower, and more. Stop for a lunch break at world famous waterside attraction "Quincy Market & Faneuil Hall Marketplace". Visit "Cheers: The Replica", enjoy shopping and more. Next, enjoy a guided tour with sights such as USS Constitution ("Old Ironside") and Cambridge. This evening, enjoy Dinner and entertainment.

**Day 3:** Depart for a guided tour of Lexington and Concord. This tour highlights a visit to the Minute Man National Historical Park, the birthplace of the American Revolution. This day is often voted by groups as their favorite part of the trip.

2 nights lodging

4 Meals: 2 Breakfasts and 2 Dinners

Full Day Guided Tour of Boston

**\$309 Members/\$329 Non Members**

*Prices based on double occupancy*

Dear Members,

I am very excited about 2018! I love hearing from our members. There are so many things that you've told us you want to do. So please keep the suggestions coming. Please consider Volunteering to help make these things happen. We need volunteers for a TRIP committee, a DINNER committee, a SPECIAL EVENTS committee and more. Keep in mind that 'Many Hands Make Light Work'. Let's work together and do great things.

We have our first Multi-Day trip June 23, 24 & 25 . We're going to Boston! Please don't wait to sign up. This trip will fill quickly. This year we will go to more shows, visit more museums, eat more meals together, enjoy the track and so much more. Where do you want to go?

We're playing more games at the center and adding more activities. Tell us...what would you still like to do? Our February 12 dinner will be like no other. Entertainment and wonderful food. You wont want to miss this one. Let's all have fun together!

Warm Regards,  
*Susan Leonard*

SUE



RAINA



DONOVAN



SHIRLEY



ROSE

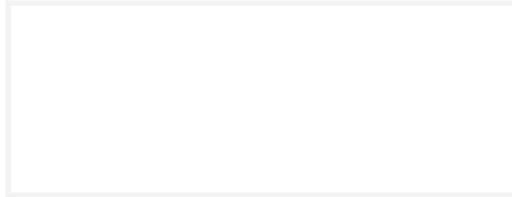




**Clifton Park Senior Community Center**  
**6 Clifton Common Court**  
**Clifton Park, NY 12065**  
**(518) 383-1343**

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**Clifton Park, NY**  
**Permit No. 58**

**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](mailto:pbarrett@cliftonpark.org)
- Deputy Supervisor Lynda Walowit:** [ly@cliftonpark.org](mailto:ly@cliftonpark.org)
- Councilman Jim Romano:** [jromano@cliftonpark.org](mailto:jromano@cliftonpark.org)
- Councilman James Whalen:** [jwhalen@cliftonpark.org](mailto:jwhalen@cliftonpark.org)
- Councilman Amy Standaert:** [astandaert@cliftonpark.org](mailto: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.