



Clifton Park Senior Community Center

Monthly Newsletter

March 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

MEMORIAL DAY:
MONDAY, 5/28

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.



*Join us as we spring
in to the new season at the
Clifton Park Senior Community Center*

**March Dinner Featuring
Celebrity Chefs from COBURG VILLAGE**

Monday, March 19th (Doors open at 5pm)
\$10 Members / \$12 Non Members

Tuscan Grilled Pork Loin * Baked Ziti with Ricotta *
Rosemary Roasted Potatoes * Sauteed Squash & Tomato
Medley * House Made Garlic Bread * Arugula, Roasted Pepper,
Fontina and Fig Salad * Chocolate Chip Cannoli

Please sign up at front desk. Space is limited.

News & Events



Friday, March 2nd	11:00 am	Diabetes Support Group
Monday, March 5th	1:30 pm	Soul Line Dancing - 6 week session begins
Tuesday, March 6th	10:00 am	Tai Chi 7 week Spring session begins
Wednesday, March 7th	11:00 am	Community Hospice Living with Loss Support Group
Saturday, March 10th	7:00 pm	The Greg Nazarian Dance Band - Live entertainment! Open to the public
Monday, March 12th	10:00 am	Chair Yoga 6 week Spring session begins
Monday, March 12th	1:00 pm	Swing Band Concert with special guest singer Phil Barrett, Town Supervisor
Wednesday, March 14th	10:00 am	Carmen's Crafts
Wednesday, March 14th	12noon	Comedy with Jack, amateur stand-up Comedian
Thursday, March 15th	12:30pm	☘ A wee little St. Patrick's Day Celebration ☘
Friday, March 16th	1:00 pm	Orchestra on the Common Concert
Sunday, March 18th	12noon	DAY TRIP: Curtain Call Theater - Lunch & Show
Monday, March 19th	5:00 pm	Dinner: Featuring food prepared by Coburg Village
Wednesday, March 21st	12noon	Lunch & Learn: Spring is Here! Where to Enjoy Nature in Clifton Park
Friday, March 23rd	1:30 pm - 3:30 pm	Health Screening Clinic - Saratoga Co Public Health and also an educational workshop entitled "Why Can't I Remember," presented by the Alzheimer's Association
Sunday, March 25th	7:00 pm	Live entertainment, dancing and karaoke with Brian Zapel - Open to the public
Saturday, April 7th	9:00 am - 4:00 pm	Spring Book Sale
Sunday, April 8th	11:00 am - 3:00 pm	Spring Book Sale
Friday, April 13th	1:00 pm	Paint & Pastries - "Blueberries for the Chickadees"
Monday, April 16th	5:00 pm	Dinner: Featuring food prepared by Kingsway Community
Thursday, April 19th	10:00 am	Golf League Meeting
Thursday, April 19th	11:00 am	Seton Health Senior-cize 10 week program begins
Monday, May 7th	10:00 am	Bocce Begins - New Players Welcome!
Wednesday, May 23rd	1:00 pm	Paint & Pastries - "Spring Birch"
June 23rd, 24th, 25th	Multi-Day	TRIP: Multi-Day Trip to Boston

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

Comedy



Come laugh and have some fun with
Jack, amateur stand-up Comedian
Wednesday, March 14th
12 noon

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.



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

SPRING IS HERE!
WHERE TO ENJOY NATURE IN
CLIFTON PARK

Presented by Jennifer Viggiani, Open Space
Coordinator, Town of Clifton Park

Wednesday, March 21st, 12 noon

Learn about the great places to enjoy being outside, right here in Clifton Park! Where can you have fun being out in nature? We'll share news about the best places to get out for a walk, where to catch great scenic views, and give a glimpse of what you will see and experience at various nature preserves and parks all throughout the community.

Would you like to volunteer to help with trail monitoring or maintenance? Looking for a great place to take your grandkids? Find out more about upcoming events, and how you can get involved with the town's open space program. We look forward to meeting you!

This program will include a slide presentation, and an open house format, after the program.



153 Regent St., Saratoga Springs (518) 290-3130
Free Residential Energy Assessment
Lower Your Energy Bills and
Enjoy Greater Home Comfort

2-DAY Spring Book Sale

Clifton Park Senior Community Center

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.



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, March 7th at 11am**. Please register for the program by contacting the front desk. Membership not required.

Diabetes Support Group

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

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

April 6th: Dr. Michael Wayne - Acupuncture 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. Membership not required.

ENTERTAINMENT & THE ARTS



Concerts

Come and hear the wonderful music of these talented musicians who rehearse here at the Center every week preparing to entertain you.

Light refreshments will be served



Swing Band Concert **With Special Guest Singer** **Phil Barrett, Town Supervisor**

Monday, March 12th
1:00pm-2:00pm

Orchestra on the Common Concert

Friday, March 16th
1:00pm-2:00pm



RED HAT MAMAS

Wednesday, March 14th, 12:00 pm, Peddler's Restaurant, 16 Clifton Park Village 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, March 17th, 12:30 pm

All single men and women are invited to join us for lunch at the **Pig N Whistle at the Grove**, located at 654 Saratoga Road, Burnt Hills. We order off the menu, get separate checks. Please contact Sandy at 518 399- 5812 no later than Tuesday, March 13th for reservations. Let's wear a little green and celebrate St. Patrick's Day in style...and birthdays for the month!

LIVE ENTERTAINMENT, DANCING, and KARAOKE with Brian Zapel!

7:00 pm

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. Bring your own snacks.
\$5 per person at the door.

The Greg Nazarian Big Band

7:00pm

Saturday, March 10th
Saturday, April 14th
Sunday, May 12th

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.



Center Gallery @ the Common

Featured March Artist:

Roberta Moses

Roberta Moses, is a longtime resident of Saratoga County, New York. She discovered her love of drawing and painting at a very early age. Roberta (as she signs her paintings) prefers to work in watercolor, Chinese Brush Painting and Pen and Ink. Recently she also enjoyed working in oils.

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.



Thank you to Home of the Good Shepherd for a wonderful catered event at our February's Snow Ball. Craig Wander from We Do Fondue with an amazing chocolate fountain, The Greg Nazarian Dance Band for their exceptional musical entertainment & the Dance Fire Studio dancers. This all added a special touch to our event!

We also thank our volunteers for your continued help with set-up, serving and clean-up.




**GREG NAZARIAN
DANCE BAND**

*BIG BAND
JAZZ
SWING*

(518) 858-9614

A TRADITION OF SUPERIOR CARE IN
*Assisted Living &
Enhanced Assisted Living*

*A Choice Instead
of a Nursing Home*



Our Enhanced Living Offers:

- Physical assistance with ambulation and transferring
- Assistance with ADLs including: bathing, showering and feeding
- Medication management and skilled nursing tasks
- Blood Glucose Monitoring
- Catheter/Foley Care

Home of the Good Shepherd

MALTA 26 Rock Rose Way Malta, NY (518) 581-2800	MOREAU 198 Bluebird Rd. Moreau, NY (518) 792-1000	SARATOGA 400 Church Street Saratoga Springs, NY (518) 450-7360	WILTON 60 Waller Rd. Wilton, NY (518) 580-0702
---	---	--	--

homeofthegoodshepherd.com



Dance Fire
STUDIO & FITNESS

World Class Ballroom Dance Studio
www.dancefirestudio.com
(518)-557-2052

Sign up for your **FREE CLASS!**
2341 Nott St East, Niskayuna NY

We Do Fondue

We Go With The Flow

29 TURNER PL, ALBANY, NY 12209 | CAPITAL REGION: (518) 209-6773

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 Chair Yoga 10-11:00 am Discussion Group* 10:30-12noon (2nd, 4th Mon) Congregate Lunch 12 pm Clogging 12-1:30 pm Quilting Group* 1-3 pm Chess, Checkers & Backgammon* 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: 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	Exercise to Tapes* 8:45-9:45 am Senior Investment Club 9:30-11:30 am (2nd Wed.) TOPS 10-11:30 am Carmen's Crafts 10-11:00 am (see front desk for schedule) 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 week) Learn to Play: Dice 6-5-4* 1-3 pm (every other week) 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 BUNCO (Dice) 1-3:00 pm (every other week) Learn to Play: Golf (Cards) 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 (1x a Month) Movie Day* 12:30pm (First Friday of Month) BINGO 12:30 pm (every Friday except 1st Friday) Congregate Lunch 12 pm Beading Buddies 12:30 - 2:00 pm (every other) Scrabble* 12:30 - 2:30 pm Learn to Play: Strategic Scrabble* 12:30 - 2:30 pm (1x per Month) 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!



MONDAY

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



TUESDAY

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

Dice 3000 10 - 12:00 pm - 3/13, 3/27 - Learn to Play

Left – Center – Right (Dice) 10 - 12:00 pm - 3/6, 3/20 - Learn to Play

Scrabble 1 - 3:00 pm (weekly)



WEDNESDAY

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

Hand & Foot (Cards) 12:30 - 3:00 pm - 3/14, 3/28 - Learn to Play

Dice 6-5-4 1 - 3:00 pm - 3/7, 3/21 - Learn to Play

Poker 1 - 3:00 pm (weekly)



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 - 3/8, 3/22 (\$5.00) - Learn to Play

Golf (Cards) 1 - 3:00 pm - 3/1, 3/15 - Learn to Play



FRIDAY

Dominoes 10 - 11:30 am (weekly)

Movie Day 12:30 pm - Bring your lunch - We'll serve popcorn - First Friday of Month - 3/2
(Vote for your favorite movie at the front desk)

BINGO 12:30 pm - Every Friday except the First Friday of the Month - 3/9, 3/16, 3/23, 3/30

Strategic Scrabble 12:30 - 2:30 pm – 3/9 - Learn to Play

Scrabble 12:30 - 2:30 pm (weekly)



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



LET'S MOVE

Soul Line Dancing

MOVIN' AND GROOVIN'

NEW 6-week Session
MONDAYS from 1:30pm – 2:30pm

on the following dates:

March 5, 19, 26

April 2, 9, 16

(No class will be held on March 12th)

\$18.00 for 6-weeks

Dancing with  **Dancers of B Spa**

Must Register at the Front Desk



Chair Yoga **6-week Spring Session**

Class Time: 10:00am – 11:00am

Class Dates: Mondays as follows:
3/12, 3/19, 3/26, 4/16, 4/23, 4/30
No class on 4/2 & 4/9

Cost: \$42.00 for 6-week program
Must Register at the Front Desk



Tai Chi **7-week Spring Session**

Class Time: 10:00am – 11:00am

Class Dates: Tuesdays as follows:
3/6, 3/13, 3/20, 3/27, 4/3, 4/17, 4/24
(no class 4/10)

Cost: \$49.00 for 7-week program
Must Register at the Front Desk



Golf League

Meeting to be held

Thursday, April 19th at 10:00am

The Center has an active Golf League that plays at the Town's Par 3 course on Barney Road. We are currently looking for new golfers (singles and couples) to join the mixed Clifton Park Senior Community Center Golf League. If interested, please plan to join us at our meeting on April 19th!

Seton Health Senior-cize **Begins Thursday, April 19th** **11:00am**

If you are active, but your aches and pains are keeping you from doing what you would like to do, the Seton Health Physical Rehabilitation Program could help.

This FREE ten week group exercise program is fit to your individual needs. Anyone who has NOT taken this class before must attend the intake screening on Thursday, April 12th, at 11am. ALL participants must have a current 2018 doctor release to attend. *Space is limited and offered to members only. Sign up at the Front Desk.*

MAKE IT FIT



Fitness for mind, body & soul

BOCCE Begins Monday, May 7th

Bocce season begins on Monday, May 7th and will be held every Monday & Wednesday at 10 am (weather permitting). Members of the Clifton Park Senior Community Center are encouraged to join us for a casual, friendly game. All levels are welcome.



Please meet us at 9:45 am at the bocce courts behind the Senior Center. Any questions, please contact Pat Wade at (518) 877-4846.

Paint and Pastries

Friday, April 13th
1:00pm - 2:30pm



"Blueberries for the Chickadees"
11x14 painting

Wednesday, May 23rd
1:00pm - 2:30pm



"Spring Birch"
11x14 painting

Come join us for an afternoon of creativity, fun, and great food! Sign up is required and offered to Center members at a discounted rate due to the generous sponsorship of CDPHP. Class space is limited.

MEMBERS: \$8.00 per class

NON-MEMBERS: \$25.00 per class



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.



March 14th
March 28th
April 11th
April 25th

DIVORCE & FAMILY LAW



DONNELLAN & KNUSSMAN PLLC
ATTORNEYS AT LAW

658 MALTA AVE, SUITE 201
BALLSTON SPA, NY 12020

(518) 309-6094



DKLAWFIRMNY.COM



Health Screening Clinic

FRIDAY, MARCH 23rd

1:30pm - 3:30pm

Nurses from Saratoga County Public Health will be providing complimentary blood pressure, glucose and cholesterol screening for seniors. ***No appointment necessary but sign up in advance is required.***

“Why Can’t I Remember That”

FRIDAY, MARCH 23rd

Workshop provided by The Alzheimer’s Association. ***Sign up in advance is required.***

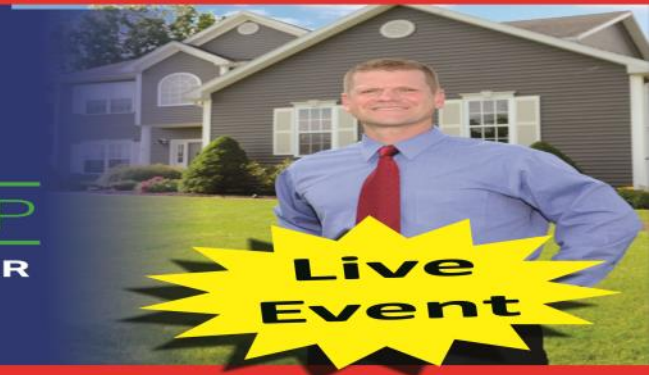
A Healthy Tip... By, Joanne Sweet RN BSN Saratoga County Public Health

Turn on any news program and one of the top stories is the Flu. It is a national epidemic. On January 26, 2018, Governor Andrew M. Cuomo signed an executive order to combat the flu epidemic in New York. A few things you can do to prevent the spread of the flu are:

1. It’s not too late to vaccinate – Get your flu vaccine today! Everyone 6 months and older can receive a flu vaccine. You can receive a flu vaccine at you doctor’s office, local pharmacy, supermarkets, local clinics or Saratoga County Public Health.
2. Wash your hands often with soap and water.
3. Cover your nose and mouth with your sleeve or a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
4. Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
5. If you are sick, stay home.

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

Top Senior Scams

Seniors are under attack in the United States from criminals – domestic and foreign – who devise something new every day in an attempt to steal their treasure, whether it's money, their IDs or property, crime prevention officials say.

According to the National Association of Triads, the top six scams involving seniors are:



Telemarketing that includes internet, phones and mail.

Scammers might send out an email on bank letterhead and say there is a problem with the account and the senior needs to update information, password and account number:



Fake charities.

There's one where you get a call from a charity saying they are supporting a reputable organization and ask you to make a donation. What they don't tell you is that they are not authorized to be fundraising for that organization. While as little as 3 percent will go to that organization, 97 percent may stay in the scammer's pocket.



Sweepstakes.

Many times people will get an official-looking check. The account number is fraudulent, but the routing number is correct. The bank reads it as a valid check. What the sweepstakes will tell a senior is, "Cash the check, you get the bulk of the money and send \$5,000 to us for processing." Fifteen days later, that check bounces and the senior is liable for that \$5,000. Some even come looking like official IRS refunds with the message: "Here's your check, but you need to pay the late fees."



Health-care fraud.

It's a growing "industry" and frequently ignored. With health care, there can be misuse of the medical card. Scammers then fabricate the need for treatment and get paid for it. For instance, scammers can find out a senior is diabetic, call him up and say, "Give us your Medicare card number; and we can send your supplies through the mail." Or they can obtain free treatment by assuming that older adult's identity.



Identity theft.

A senior gets the call: "We need to verify your account number; give us the last four digits of your Social Security number." They can match that with the phone number; last place of employment, home address, and once they have put that package together; take a loan out on the home, open credit cards, go to big-box stores and open an account, or get a \$5,000 line of credit. A senior gets the bill, and they get the goods.



Financial exploitation, including online investment and securities fraud.

Scammers will sell seniors long-term securities or stock. They have no problems selling a woman in her 80s a certificate that doesn't mature for 20 or 25 years. They're relying on her inability to understand the fine print. Then if she needs the money, she must break the bond and pay the penalties. Scammers make a commission.



Contact local law enforcement if you think someone has scammed your senior or might be trying to do so. For more about protecting your seniors from scammers, contact your local Home Instead Senior Care® office at 580-1042 or visit ProtectSeniorsFromFraud.com or NationalTriad.org.



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!

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





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

www.ChauvinDental.com

- . Dentures . Crowns
- . Bridges . Partial . Preventative Care

Now Accepting CDPHP Medicare
No Insurance? 10% Senior Discount

Accepting New Patients

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

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

TOWNLEY
&
WHEELER
FUNERAL HOME

Devoted and Caring Guidance

21 MIDLINE ROAD • BALLSTON LAKE, NEW YORK
TOWNLEYWHEELERFH.COM • 518-399-5022
KATHLEEN LOWES SANVIDGE ~ OWNER AND LFD

RAVENSWOOD

"You're Always Home at The Wood"

Tavern, Bar, Grill, Catering & Banquets
1021 Rt 146 Clifton Park NY 12065
Phone: 518-371-8771 Ravenswoodpub.com
Email: ravenswoodpub@outlook.com
Follow us on Facebook

Sonya Chandler

Independent Licensed Insurance Broker

"Specializing in Medicare Health Plans"

"Helping Seniors with Health Insurance Options"

A FREE COMMUNITY SERVICE for Over 10 Years

Capital Region of NY • (518) 364-0162

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

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



H&L INSURANCE

Michael O'Brien, President

2441 State Highway 30 | Mayfield, New York | 518-661-6300 | 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 - March 2018 HOME DELIVERED MEALS 363-4020 or 363-4033

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Chicken Parmesan Pasta w/Sauce Green Beans Fruit Cocktail	Baked Fish w/Tarragon Sauce Baked Potato w/Sour Cream Mixed Vegetables Chocolate Pudding w/ Whipped Topping
5	6	7	8	9
Goulash Broccoli Warm Cornbread Pineapple	Herb Chicken w/Gravy Stuffing Butternut Squash Mandarin Oranges	Pork Loin w/ Cranberry Mustard Sauce Red Bliss Potato Brussels Sprouts Peaches	Smothered Chopped Steak Oven Browned Potatoes Spinach Cantaloupe	Stuffed Shells w/ Marinara Sauce Tuscan Blend Vegetables Peas Yogurt
12	13	14	15 St. Patrick's Day	16
Chicken Divan Rice Sonoma Blend Vegetables Pears	Swedish Meatballs over Noodles Broccoli Mixed Vegetables Pineapple	Turkey w/Gravy Mashed Potatoes Corn Mandarin Oranges	Special Corned Beef & Cabbage Red Potato Carrots Irish Soda Roll Green Frosted Brownie 	Fish Florentine Brown Rice Beets Tropical Fruit
19	20	21	22	23
Pasta w/Meatballs Lima Beans Parmesan Cheese Warm Peaches	Ham w/Pineapple Sauce Sweet Potato Cauliflower Spiced Apples & Raisins	Five Spice Chicken w/Gravy Rice Beets Pears	Roast Beef w/Gravy Garlic Mashed Potatoes Vegetable Trio Chocolate Chip Cookies	Macaroni & Cheese Stewed Tomatoes Green Beans Fruit Jell O w/Whipped Topping
26	27	28	29	30
Roast Pork w/Gravy & Mashed Potatoes Brussels Sprouts Warm Apple Crisp	Baked Chicken w/Gravy Mashed Sweet Potato Broccoli Chocolate Pudding w/ Whipped Topping	Meatloaf w/Gravy Garlic Mashed Potatoes Butternut Squash Fresh Orange	Chili Rice Spinach Pineapple	Baked Fish w/Dijon Sauce over Brown Rice Tuscan Blend Vegetables Warm Berry Crunch

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

Must sign up by April 15th
\$309 Members/\$329 Non Members
Prices based on double occupancy

Daylight saving time 2018: Seven things to know about "springing forward."

By: Debbie Lord, Cox Media Group National Content Desk

1. "Spring forward and fall back" is an easy way to remember how to set the clock when daylight saving time begins and ends. **You set your clock forward one hour at 2 am on March 11th.** You'll set it back one hour at 2 am on November 4th.
2. In the United States, daylight saving time began on March 21, 1918. U.S. government officials reasoned that fuel could be saved by reducing the need for lighting in the home.
3. Ancient agrarian civilizations used a form of daylight saving time, adjusting their timekeeping depending on the sun's activity.
4. Many people call it daylight savings time. The official name is daylight saving time. No 's' on 'saving.'
5. Benjamin Franklin came up with an idea to reset clocks in the summer months as a way to conserve energy.
6. A standardized system of beginning and ending daylight saving time came in 1966 when the Uniform Time Act became law. While it was a federal act, states were granted the power to decide if they wanted to remain on standard time year-round.
7. Arizona (except for the Navajo, who do observe daylight saving time on tribal lands), Hawaii, American Samoa, Guam, the Northern Mariana Islands, Puerto Rico and the United States Virgin Islands do not observe daylight saving time.

SUE



RAINA



DONOVAN



SHIRLEY



ROSE

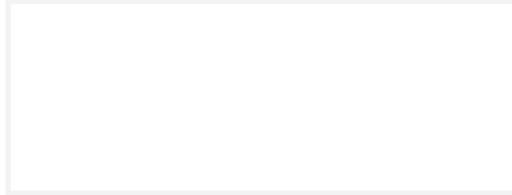




Clifton Park Senior Community Center
6 Clifton Common Court
Clifton Park, NY 12065
(518) 383-1343

PRSRRT STD
US POSTAGE PAID
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
- 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.