



Clifton Park Senior Community Center

Monthly Newsletter

April 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

INDEPENDENCE DAY:

WEDNESDAY, 7/4

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.



Monday
April 16th

April Dinner Featuring
Celebrity Chefs from:

**Kingsway
Community**

FIRST COURSE
Kingsway Chopped Salad
chopped greens, tomatoes, red onions, cucumber,
bacon lardons, maytag blue, tossed with house
balsamic vinaigrette and topped with fried onions

SECOND COURSE
Chicken Marsala
sautéed chicken, cremini mushrooms, fresh basil,
marsala sauce, served with basil orzo pilaf and
blistered heirloom grape tomatoes

DESSERT
Espresso Crème Brulee
creamy custard flavored with espresso,
topped with caramelized sugar

TIME

5 PM

\$10 Members
\$12 Non Members

Clifton Park Senior Community Center
Please sign up at front desk.
Space is limited.



News & Events



Wednesday, April 4th	11:00 am	Community Hospital Living With Loss program
Friday, April 6th	11:00 am	Diabetes Support Group - Speaker Dr. Michael Wayne, Acupuncture with Diabetes
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 9th	12:45 pm	Clogging for Beginners - Free Introductory Class
Monday, April 9th	12 noon	Lunch & Learn: Basic Computer Skills by Bob Stromberg
Wednesday, April 11th	10:00 am	Memories to Memoirs - Formal 5-week session begins
Friday, April 13th	1:00 pm	Paint & Pastries - "Blueberries for the Chickadees"
Friday, April 13th	1:00 pm	Guided Hike: Hayes Nature Park—West Sky Natural Area
Monday, April 16th	5:00 pm	Dinner: Featuring food prepared by Kingsway Community
Monday, April 16th - April 20th	12:30 pm - 1:30 pm	Volunteers please join us for Cake, Coffee & Cookies
Thursday, April 19th	10:00 am	Golf League Meeting
Thursday, April 19th	11:00 am	Seton Health Senior-cize 10 week program begins
Friday, April 20th	12:30 pm	Citizen Preparedness Corps Training
Friday, April 20th	12:30 pm	Beading Buddies - Lanyard Making Class
Tuesday, April 24th	5:30 pm	Guided Hike: Spring Ephemerals—Native Wildflower Stroll
Wednesday, April 25th	12 noon	Lunch & Learn: Healthy Tips for a Healthy You by Dr. Michael Dudick, DC
Wednesday, April 25th	1:00 pm	Service Project Begins — Saratoga County Animal Shelter
Thursday, April 26th	9:00 am - 6:30 pm	TRIP: The Kings & Queens of Country at the Log Cabin Banquet
Monday, May 7th	10:00 am	Bocce Begins - New Players Welcome!
Wednesday, May 9th	12:00 pm	Lunch & Learn: Senior Scams - Keeping Our Seniors Safe in the 21 st Century. Presented by Trooper Steven M. Rothwein, Sr.
Wednesday, May 23rd	1:00 pm	Paint & Pastries - "Spring Birch"
Thursday, May 24th	1:00 pm	Chorus Concert
Wednesday, May 30th	9:00 am - 4:00 pm	AARP Smart Driver Course
Saturday, June 2nd	9:00 am - 3:00 pm	Indoor Antique - Flea Market - Garage Sale *Members sign up today!*
June 23rd, 24th, 25th	Multi-Day	TRIP: Multi-Day Trip to Boston



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.*

LET'S TALK

*Bring a lunch if you'd like.
We'll serve dessert!!!*



*Must register at the Front Desk.
Members only.*



Basic Computer Skills

Presented by: Bob Stromberg

**Monday, April 9th
12 noon**

**Get an overview of the many
things you can learn.**

Future classes will be set up based on your
interests.

One on one classes can be scheduled as well
Come learn with us.

Healthy Tips for a Healthy You

Presented by: Dr. Michael Dudick, D.C.

**Wednesday, April 25th
12 noon**

- Do you want to enhance your quality of life? This can be
- aided by learning proper exercises, how to prevent loss of
- balance, and ways to avoid headaches and back pain.
- Dr. Dudick will provide information specific to senior
- health care. The information will help to prevent future
- problems and maintain good health. Having attended both
- chiropractic and physical therapy college allows
- Dr. Dudick to have an extensive background in multiple
- therapeutic and rehabilitative areas. Come, learn how to
- better understand and improve your health.

Citizen Preparedness Corps Training

Prepare, Respond, Recover: What to do When Disaster
Strikes. Learn how to be prepared - take the training
NOW!

**Friday, April 20th
12:30 pm - 2:00 pm**

Clifton Park Senior Community Center

A trained Red Cross representative will conduct a 1 1/2
hour session of the Citizen Preparedness Corps training
program, which covers topics including: Fire safety,
severe weather preparedness, basic first aid, evacuation
plans, emergency supply kits, pet safety and
communication plans.

All participants receive a certificate at the end of
training.

*Please register for the program by contacting the
front desk.*



Community Hospice *Living With Loss*

The Community Hospice's *Living With Loss program*
is a free bereavement support group for anyone who
is grieving the death of a family member or friend.
The one-hour program will be held on the first
Wednesday of every month, with the next class to be
held on **Wednesday, April 4th 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. Our group will meet from 11 am to 12 pm:
**April 6th: Dr. Michael Wayne - Acupuncture with
Diabetes.** *Please register for the program by
contacting the front desk. Membership not required.*

VOLUNTEER OPPORTUNITIES

National Volunteer Week April 16th - April 20th

Thank you to our Clifton Park Senior Community Center Volunteers! Over 100 members volunteer countless hours assisting with our monthly dinners, trips, Panera bread, organizing our books throughout the year for our book sales, conduct programs, answer phones, serve in the kitchen, provide tax preparation through AARP, and all who help to make this place run smoothly.

Whether you give a few hours or a lot, we are truly grateful! We would like to show our volunteers our appreciation by having a Cake, Coffee & Cookies event.

We encourage our volunteers to please join us any day this week between 12:30 - 1:30pm so we can thank you!

Hope to see you there!



SERVICE PROJECT

Wednesdays
April 25th, May 2nd, May 9th
1 pm - 3 pm

Do you sew? Can you tie a knot? Can you help to mix up a batch of biscuits? Come help us to help the Saratoga County Animal Shelter.

They are in need of:
Cat Blankets, Catnip Pillows, Dog Biscuits,

Donations needed:
Fleece material, Catnip





Thank you to Coburg Village for the delicious meal provided to our members at our March dinner.

The Shenendehowa girl's basketball team did a great job with serving and clean-up.

Thank you to our Center volunteers for your continued help with set-up, serving and clean-up at our monthly dinners.



Life's better here.

Discover all the benefits of elegant, independent living at our resort style 55+ retirement community. Daily walk-in tours are weekdays at 11am. (includes a complimentary lunch)

Call us for more information and upcoming special events!
518-243-6312

Coburg Village

One Coburg Village Way
Rexford, NY 12148 coburgvillage.com

Icons: Home, Wheelchair, Dog

INDOOR Antique - Flea Market - Garage Sale

Clifton Park Senior Community Center

Saturday, June 2nd

9am - 3pm

CALLING ALL MEMBERS!!!

Take this opportunity to sell your items at this one day event.

\$10 deposit required to reserve an 8' table.

Deposit will be refunded on the day of the event, to all participating members.

Advanced registration required by May 18th.

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

Chorus Concert

Thursday, May 24th

1:00 pm



The Greg Nazarian Big Band

7:00pm

Saturday, April 14th

Saturday, 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.

RED HAT MAMAS

Wednesday, April 11th, 12:00 pm

Pancho's, 1536 Crescent 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, April 21st, 1:00 pm

(Please note time change since restaurant is not open until then)

We will have lunch at Delmonico's in Clifton Park. All single men and women are invited to mingle and have lunch together. We will celebrate birthdays for the month and have separate checks. Please contact Sandy at 518 399- 5812 for reservations by Wed. April 18. We look forward to seeing you all there!



LIVE ENTERTAINMENT, DANCING, and KARAOKE with Brian Zapel!

7:00 pm

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

Center Gallery @ the Common

Featured April Artists:

Jane Morrison

Barbara Aldi

Frank Coletta

Artists Morrison, Aldi and Coletta will be exhibiting their art works in the Gallery area. They will be presenting watercolors, oil & acrylic paintings, paintings on foil with special iridescent colors, and pen & ink drawings. The compositions cover a wide range of subject matter and various methods of artistic expression.

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.

LET'S MOVE

FREE INTRODUCTORY CLASS **"CLOGGING FOR BEGINNERS"**

Monday, April 9th
12:45 – 1:30 pm

Clogging is not hard to learn and it is so much fun! As a beginner, remember, all cloggers started the same way. The class atmosphere is very comfortable, and you won't be made to feel shy or intimidated. You will find that other cloggers are willing to help you because they, too, remember their first days of clogging. The basic steps are reviewed each week; after that, the rest will come easily. If you've been involved in line dancing and are familiar with counting time in music, then you should be even more comfortable in learning to clog.

We recommend that you wear shoes with a smooth bottom, preferably leather-soled. Try not to wear running shoes. We'll discuss proper shoes and taps during the first few classes. Wear whatever clothes are comfortable for you (T-shirt, jeans, shorts, etc.).

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.

MAKE IT FIT



Fitness for mind, body & soul

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!



Join the Town of Clifton Park **for Guided Hikes:**

Friday, April 13 1-3 pm

Hayes Nature Park – West Sky Natural Area – Meet up at Hayes Nature Park's parking lot for a tour of the West Sky Trail-1 mile easy hike.

Sign up at the front desk.

Tuesday, April 24 5:30-7:30 pm

Spring Ephemerals – Native Wildflower Stroll, at the 41 acre town property known for its Steinmetz history, off of Riverview Rd. Join volunteer naturalist Dave Behm for a guided tour through this woodland natural area along the riverfront.

Sign up at the front desk.

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



BEADING BUDDIES

Lanyard Making Class

Friday, April 20th 12:30 pm

Do you often lose or misplace your glasses?

Come join the Beading Buddies Group and learn how to make an Eye-glass Lanyard. Choose your Beads and Colors.

All materials provided. Please register at front desk.

Memories to Memoirs

Wednesdays at 10 am
April 11-May 9

For adults of all ages who would like a gentle, supportive atmosphere and thought-provoking assignments. Please sign up in advance. Space is limited.

Participants can request editorial suggestions to improve their writing. Stories submitted at the end of the 5-week workshop are bound into a booklet and added to the Clifton Park-Halfmoon Library's book collection and can be checked out.



Workshop is Free.

*Sponsored by the
Clifton Park-Halfmoon
Public Library*

News & Events

Care Links Luncheon

Thursday, May 10th

The Vista at the Van Patten Golf Club
924 Main Street, Clifton Park

Doors open 11:30 - Lunch Served at 12:00
\$25 per person

TICKETS AVAILABLE online at
www.captaincares.org or at the
Clifton Park Senior Community Center

Care Links engages trained volunteers to provide supportive services at no cost to persons 60+ in Southern Saratoga County, enabling seniors to live independently in their homes as long as possible.

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 ADL's including: bathing, showering and feeding
- Medication management and skilled nursing tasks
- Blood Glucose Monitoring
- Catheter/Foley Care

Home of the
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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

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

AARP Smart Driver Course

WEDNESDAY, May 30, 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 only.
- Checks are to be made payable to AARP. Copy of your AARP Membership Card must 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 May 30th 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.

Vending machines are also available for soda, water and snacks

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

- 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 NDL c/o Saratoga County Office for the Aging. Must be paid in advance to site manager. Check or cash accepted.



DIVORCE & FAMILY LAW



DONNELLAN & KNUSSMAN PLLC
ATTORNEYS AT LAW

658 MALTA AVE, SUITE 201
BALLSTON SPA, NY 12020

(518) 309-6094



DKLAWFIRMNY.COM

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 Pinnochle* 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	Exercise to Tapes* 8:45-9:45 am Senior Investment Club 9:30-11:30 am (2nd Wed.) TOPS 10-11:30 am Rummikub* 10-12noon 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 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!



TUESDAY

Pool & Billiards 9 - 12:00 pm (weekly)
Dice 3000 10 - 12:00 pm - 4/10, 4/24 - Learn to Play
Left – Center – Right (Dice) 10 - 12:00 pm - 4/3, 4/17 - Learn to Play
NEW!! Chess, Checkers & Backgammon 12:30 - 2:30 pm (weekly)
Scrabble 1 - 3:00 pm (weekly)



WEDNESDAY

Social Bridge 10 - 12:00pm - Improve your game - (weekly)
Rummikub 10 - 12:00pm (weekly)
Hand & Foot (Cards) 12:30 - 3:00 pm - 4/11, 4/25 - Learn to Play
Dice 6-5-4 1 - 3:00 pm - 4/4, 4/18 - 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 - 4/5, 4/19 (\$5.00) - Learn to Play
Golf (Cards) 1 - 3:00 pm - 4/12, 4/26 - 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 - 4/6
(Vote for your favorite movie at the front desk)
BINGO 12:30 pm - Every Friday except the First Friday of the Month - 4/13, 4/20, 4/27
Scrabble 12:30 - 2:30 pm (weekly)

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



Billiard (POOL) Players NEEDED!

Tuesdays & Thursdays - 9am to 11:30am

Skill not needed! Just folks who want to have fun.
There are plenty of cue sticks available.

COME GIVE IT A TRY!



The Town of Clifton Park
GREEN Committee and
the Canal Corporation Sponsor

Clifton Park River, Parks and Trails Clean Sweep

Saturday, April 21, 2018, 9AM to 12PM



Celebrate "Earth Day" and "National Volunteer Week" by donating your efforts to help cleanup our trails, parks and open spaces throughout Clifton Park and along the Mohawk River.

This is a great opportunity for churches, synagogues, girl scouts, boy scouts, athletic teams and community groups to give back to the community.

Help us keep Clifton Park a beautiful place to enjoy and reserve a trail, park or open space to cleanup.



Call 518-371-6651 or email Councilman Amy Standaert
at astandaert@cliftonpark.org to sign up today!

The town will provide trash bags and will collect all trash and debris

See www.cliftonpark.org or www.cliftonparkopenspaces.org for more information



TOWN PAPER SHREDDING DAY

SUNDAY, APRIL 29th, 1-3pm

PROTECT YOUR CONFIDENTIAL
INFORMATION!

The Town and its specialized partner, 3N Document Destruction will be at Clifton Park Center with onsite shredding at the mall from 1:00 p.m. to 3:00 p.m. on Sunday, April 29, 2018.

This is a free drive-thru service. Please bring a donation of non-perishables for local food pantries.

Limited to 4 huge bags or boxes of papers. Please, no junk mail, binders, plastic carriers or folders, or metal spiral books. All recycled.

Town of Clifton Park Residents only.

Town Announces Free Bulk Waste Pick Up Dates

The Town of Clifton Park will offer a free curbside bulk waste pickup this Spring from **April 16th through May 12th**.

Two weeks prior to the pick-up beginning, residents will receive a mailing from County Waste. The mailing will inform residents when they can expect to have their items picked up, along with a list of items that are either eligible or not allowed to be included in the program. The Town will also post information on the Town website as details become available.

The Town Transfer Station on Vischer Ferry Road accepts bulk items for disposal throughout the year. A Transfer Station permit fee is not required to dispose of bulk waste, but each item will cost a reasonable fee.

The Town also has a partnership with Habitat for Humanity and accepts donations of certain items at the Transfer Station. For information on what types of items are accepted and how to donate, residents can visit <http://cliftonpark.org/index.php/document-center/transfer-station/1799-clifton-park-and-restore-flyer/file> for details. For certain items, Habitat for Humanity will even come to Clifton Park for pick-up.

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



*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



www.fairwaysofhalfmoon.com

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

Rewire ENERGY

153 Regent St., Saratoga Springs (518) 290-3130

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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**

Core Chiropractic: 377 Route 146, Clifton Park - (518)664-2673 — **10% off Chiropractic Services**

DiNapoli Opticians: 19 Clifton Country Road, Clifton Park - (518)373-0003 — **15% off Eyeglasses**

ReWire Energy: 53 Regent St., Saratoga Springs - (518) 290-3130 — **Free Residential Energy Audit**

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**

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 Cookie Factory: 1705 Route 9, Clifton Park - (518)280-7644 — **10% off any baked item**

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)

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residences
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stands out.



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



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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 - April 2018 HOME DELIVERED MEALS 363-4020 or 363-4033

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6 Celebrate Spring Special
Chicken & Biscuit Broccoli Fresh Orange	Stuffed Pepper Casserole Mexican Corn Warm Spiced Peaches	Open Faced Hot Turkey Sandwich Butternut Squash Peas Tropical Fruit	Roast Beef w/Gravy Red Bliss Potato Carrots Fruit Jell-O w/Whipped Topping	Raspberry Chicken Sour Cream & Chive Mashed Potatoes Peas & Onions Dinner Roll Frosted Lemon Cake 
9	10	11	12	13
Roast Pork w/Apple Glaze Stuffing Brussels Sprouts Yogurt	Italian Stew over Rice Green Beans Warm Spiced Applesauce	Vegetable Lasagna Zucchini & Yellow Squash Warm Berry Crisp	BBQ Chicken Brown Rice Tuscan Vegetables Fruit Cocktail	Salisbury Steaks Mashed Potatoes Carrots Pears
16	17	18	19	20
Goulash Broccoli Warm Cornbread Pineapple	Herb Chicken w/Gravy Stuffing Butternut Squash Mandarin Oranges	Baked Fish w/Tarragon Sauce Baked Potato w/Sour Cream Mixed Vegetables Chocolate Pudding w/ Whipped Topping	Pork Loin w/Cranberry Mustard Sauce Red Bliss Potato Vegetable Trio Peaches	Eggplant Rollatini w/Meat Sauce Pasta w/Sauce Wax Beans Chocolate Chip Cookies
23	24	25	26	27
Ham w/Pineapple Sauce Sweet Potato Cauliflower Spiced Apples & Raisins	Chicken Divan Rice Sonoma Blend Vegeta- bles Pears	Swiss Steak Mashed Potatoes Spinach Cantaloupe	Breaded Fish Macaroni & Cheese Stewed Tomatoes Tartar Sauce Fruit Jell-O w/Whipped Topping	Swedish Meatballs over Noodles Broccoli Carrots Pineapple
30				
Pasta w/Meatballs Lima Beans Parmesan Cheese Warm Spiced Applesauce				

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

The Kings & Queens of Country at the Log Cabin Banquet & shop the Lee Premium Outlets

April 26 9:00 am Departure – 6:30 pm Return

Line Dancing! Slow Down There's a Hoedown Ahead! Two of our most popular 'Sold Out' shows are joining forces to sing America's top country music songs. Janice Dee (Tribute to Patsy Cline) and Danny Lee (The Cold .45 Band) will be singing selections from the likes of Johnny and June Carter Cash, Kenny Rogers, Tammy Wynette, Merle Haggard, Patsy Cline, Hank Williams, Crystal Gayle and more.

Between Janice and Danny there can be no doubt this is representative of Country Western's best!

Menu:

*Hors d'oeuvre Welcome Platter ~ Complimentary
Glass of Wine ~ Rolls and Butter
Chop Chop Salad~Red Skin Potato Salad
Honey-glazed Grilled Chicken~Dry-rubbed Country
Brisket~Southern Shrimp Creole~Biscuit with Peach
and Strawberry Puree~Coffee and Tea*

\$72 Members/ \$78 Non-Members

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

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**

SUE



RAINA



DONOVAN



SHIRLEY



ROSE

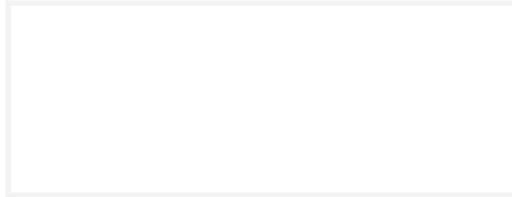




Clifton Park Senior Community Center
6 Clifton Common Court
Clifton Park, NY 12065
(518) 383-1343

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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.