



Clifton Park Senior Community Center

Monthly Newsletter

May 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



MONDAY, 5/28

INDEPENDENCE DAY:

WEDNESDAY, 7/4

Join us for our May Dinner on
THURSDAY, MAY 17th at 5:30 pm



FEATURING CHEF FRANÇOIS HIMLER

**Maison De L'amour Mobile
Restaurant & Catering Services, LLC.**

MENU:

Green Salad with a House Dressing
Citrus Garlic Chicken
Coconut Lime Northeastern Vegetables
Seasoned Rice
Hawaiian Mixed Fruit
Lemonade

\$10 Members / \$12 Non Members

*Clifton Park Senior Community Center
Please sign up at front desk
Space is Limited*

News & Events

UPCOMING EVENTS

Tuesday, May 1st	10:00 am	Tai Chi 7-week Spring Session Begins
Wednesday, May 2nd	11:00 am	Community Hospice Living with Loss Program
Wednesday, May 2nd	1:00 pm	Service Project to help the Saratoga County Animal Shelter
Friday, May 4th	11:00 am	Diabetes Support Group: Exercising with Diabetes, presented by YMCA
Monday, May 7th	10:00 am	Bocce Begins - New Players Welcome!
Monday, May 7th	10:00 am	Chair Yoga 6-week Spring Session Begins
Monday, May 7th	10:00 am	Basic Computer Skills with Bob Stromberg: EMAILS
Tuesday, May 8th	11:15 am	Gentle Yoga, Healing Journey Inward Session Begins
Wednesday, May 9th	12:15 pm	Lunch & Learn: Senior Scams - Keeping Our Seniors Safe in the 21 st Century
Wednesday, May 9th	1:00 pm	Service Project to help the Saratoga County Animal Shelter
Monday, May 14th	10:00 am	Basic Computer Skills with Bob Stromberg: BROWSING THE WEB
Wednesday, May 16th	12:15 pm	Lunch & Learn: Home Modification for Tomorrow
Friday, May 18th	1:00 pm	Orchestra Concert
Monday, May 21st	10:00 am	Basic Computer Skills with Bob Stromberg: SEARCHING THE WEB USING SPECIFIC SEARCH ENGINES
Monday, May 21st	12:15 pm	Lunch & Learn: Be Your Own Health Care Advocate
Tuesday, May 22nd	11 am - 1:00 pm	Cat Adoption Clinic
Tuesday, May 22nd	1:00 pm - 3:00 pm	SPEED FRIENDING!
Wednesday, May 23rd	1:00 pm	Paint & Pastries - "Spring Birch"
Thursday, May 24th	1:00 pm	Chorus Concert
Monday, May 28th	10:00 am	Basic Computer Skills with Bob Stromberg: BUYING A COMPUTER/TABLET
Wednesday, May 30th	9:00 am - 4:00 pm	AARP Smart Driver Course
Monday, June 4th	1:00 pm	Swing Band Concert
Saturday, June 16th	9:00 am - 3:00 pm	Indoor Antique - Flea Market - Garage Sale - OPEN TO THE PUBLIC!
June 23rd, 24th, 25th	Multi-Day	TRIP: Multi-Day Trip to Boston



INDOOR Antique - Flea Market - Garage Sale

Clifton Park Senior Community Center

Saturday, June 16th from 9am - 3pm

OPEN TO THE PUBLIC!

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 June 1st.

LET'S TALK

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



*Must register at the
Front Desk.*

Senior Scams - Keeping our Seniors Safe in the 21st Century

Presented by: Trooper Steven M. Rothwein, Sr.

**Wednesday, May 9th
12:15 pm**

Trooper Rothwein, Sr. will address many of the scams that are out there today. He will discuss how to safeguard against being a victim and how to report it if you are.

Presentation sponsored by:

Home Instead Senior Care.

Home Modification for Tomorrow

- Presented by: Ben Cangelieri (Co-owner and President of Schrader and Company Construction Services) & Lauren Harrington (Director, Umbrella of Colonie).

**Wednesday, May 16th
12:15 pm**

- These Certified Aging in Place Specialists will provide practical solutions to live safely in your home indefinitely.

Presentation sponsored by :

- *Shenendehowa Neighbors Connecting, Inc. (a Village in development) in celebration of Older Americans Month.*
- *This year's theme is "Engage at Every Age".*

Be Your Own Health Care Advocate

Presented by: Brookdale Senior Living Solutions

**Monday, May 21st
12:15 pm**

- ☆ Understand what health care advocacy is
- ☆ Benefits of being your own health care advocate
- ☆ Communication and collaboration with health care providers
- ☆ Resources for health care self-advocacy





BASIC COMPUTER SKILLS

With Bob Stromberg
10:00 am – 12:00 pm
(no charge)

Monday, May 7: Emails: sending/receiving emails, email etiquette, attachments, spam, and bounces

Monday, May 14: Browsing the web: what's a web site? what's a web browser? how do web sites track users and can I shake them off?

Monday, May 21: Searching the web using Google and other search engines like DuckDuckGo, favorites (a.k.a. bookmarks), recognizing a legit web site.

Monday, May 28: Buying a computer or tablet

Bob will be happy to schedule one-on-ones on Tuesdays for members only. Please contact the front desk to sign up.



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, May 2nd 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 the first Friday of the month from 11 am to 12 pm.

May 4th: Allison Reinhardt, YMCA "Exercising with Diabetes"

June 1st: Diane Whitten, Cornell Cooperative Extension "Fats"

July 6th: NO CLASS

Please register for the program by contacting the front desk. Membership not required.

SPEED FRIENDING

Speed Friending helps seniors make new friends in minutes!

*We know it can be hard to meet new people and want to make it easy for you!
This low-key gathering will be a fun way to form new friendships.*

Icebreaker questions will be included.


Tuesday, May 22nd
1:00 pm - 3:00 pm

Feel free to come solo or in a group.


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



Thank you to Kingsway Community for the delicious meal provided to our members at our April dinner. They not only prepared an amazing meal, but their staff did a great job with serving and clean-up!



KINGSWAY
HOME CARE
SERVICE



Kingsway Community
Home Care Service

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

Many senior living residences stand alone.

Kingsway stands out.

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 Community



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

ENTERTAINMENT & THE ARTS



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

Orchestra Concert

Friday, May 18th at 1:00 pm

Chorus Concert

Thursday, May 24th at 1:00 pm

Swing Band Concert

Monday, June 4th at 1:00 pm



RED HAT MAMAS

Wednesday, May 9th, 12:00 pm

Peddler's Bistro, 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*



LIVE ENTERTAINMENT, DANCING, and KARAOKE with Brian Zapel!

7:00 pm

**Sunday, May 27th
Sunday, June 24th**

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, May 12th
Saturday, June 9th
Saturday, July 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.

SINGLES LUNCH BUNCH

Saturday, May 19th, 12:00 pm

We will have lunch at Carson's Woodside Tavern, 57 State Route 9P, Malta, NY. We will enjoy wonderful food and views of the Lake, separate checks and celebrate birthdays and Mothers Day. We extend this invitation to all single men and women of the Center. Please contact Sandy at 518 399- 5812 for reservations by Wed. May 16th. We look forward to seeing you there!

Center Gallery @ the Common

The Southern Saratoga Artists' Society (SSAS) presents "Spring into Art" with artists: Rita Helie, Maria Tsai, Sherry Walkup and Jack Morgan. The artists were classmates while studying oil painting with well known Oil Painter and Teacher the late Joan Lord of Niskayuna. The Show runs from May 2nd to May 31st.

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.

Paint and Pastries

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



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.

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.



May 9th
May 23rd

Feeling Crafty? We need you!

The Center is searching for a volunteer to lead an arts & craft class every other Wednesday, beginning in June.



Become a part of the CPSCC volunteer team today!



SERVICE PROJECT

**Wednesdays
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.

If you would like to donate an item to the Shelter, a donation box will be located in our main lobby for the month of May

Shelter Wish List:

*Jars of meat baby food, kitten pate, puppy/kitten bottles, puppy/kitten formula, clay litter, Karo syrup, heating pads,
Gently used: blankets, comforters, towels, sheets, pillow cases,
Shoe boxes/small boxes for cats to hide in.*



*** CAT ADOPTION CLINIC ***



Seniors for Cats - Cats for Seniors

On Tuesday, May 22nd, from 11am - 1pm, we will be holding a Senior to Senior adoption event at the Center.

Saratoga County Animal Shelter will provide senior cats (age 5 and older) for adoption. Saratoga County Seniors (60 and over) can adopt a senior cat for free. Mix in love and you will have a loving companion.



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

DAILY ACTIVITY CALENDAR

Daily Activity Calendar

(*denotes free activity/class for members)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Tap (Int. II) 9-10 am</p> <p>Jazz 10-10:45 am</p> <p>Chair Yoga 10-11:00 am</p> <p>Bocce* 10 am</p> <p>Discussion Group* 10:30-12noon (2nd, 4th Mon)</p> <p>Congregate Lunch 12 pm</p> <p>Clogging 12-1:30 pm</p> <p>Quilting Group* 1-3 pm</p> <p>Chess, Checkers & Backgammon* 1-3 pm</p> <p>Soul Line Dancing 1:30-2:30pm</p> <p>Osteo-Exercise* 2:30-3:30 pm</p> <p>Recovery International* 2:30-4pm</p>	<p>Exercise to Tapes* 8:45-9:45 am</p> <p>Pool & Billiards* 9-12noon</p> <p>Pinochle* 9:45-11:45 am</p> <p>Learn to Play: Left-Center-Right (Dice)* 10-12noon (every other week)</p> <p>Learn to Play: Dice 3000* 10-12noon (every other week)</p> <p>Duplicate Bridge Lesson 10-11:00 pm</p> <p>Tai Chi 10-11:00 pm</p> <p>Duplicate Bridge 11:30-3:30 pm</p> <p>Congregate Lunch 12 pm</p> <p>Scrabble* 1-3 pm</p>	<p>Exercise to Tapes* 8:45-9:45 am</p> <p>Senior Investment Club 9:30-11:30 am (2nd Wed.)</p> <p>TOPS 10-11:30 am</p> <p>Rummikub* 10-12noon</p> <p>Bocce* 10 am</p> <p>Carmen's Crafts 10-11:00 am (see front desk for schedule)</p> <p>Memories to Memoirs* 10-11:30 am</p> <p>Social Bridge* 10-12noon</p> <p>Living with Loss* 11-12:00 pm (1x/month)</p> <p>Congregate Lunch 12 pm</p> <p>Learn to Play: Hand and Foot (Cards)* 12:30-3:00 pm (every other week)</p> <p>Learn to Play: Dice 6-5-4* 1-3 pm (every other week)</p> <p>Poker* 1-3 pm</p> <p>Crocheting & Knitting* 1-3 pm</p> <p>Osteo-Exercise* 2:30-3:30 pm</p>	<p>Exercise to Tapes* 8:45-9:45 am</p> <p>Pool & Billiards* 9-12noon</p> <p>Chorus* 10:00-11:30 am</p> <p>Yoga 10-11:00 am</p> <p>Watercolors & Sketching 10-12:30 pm</p> <p>Legal Assistance* by appt. 10-12noon (3rd Thurs.)</p> <p>Seton Health "Seniorcize"* 11-12 pm (Seasonal)</p> <p>Duplicate Bridge 12:00-4:00 pm</p> <p>Congregate Lunch 12 pm</p> <p>Pinochle* 12:30-3:00 pm</p> <p>Mahjong* 12:30-3:00 pm</p> <p>BUNCO (Dice) 1-3:00 pm (every other week)</p> <p>Learn to Play: Golf (Cards) 1-3:00 pm (every other week)</p>	<p>Orchestra 9-10:55 am</p> <p>Woodcarving* 9-12noon</p> <p>Tap Advanced 9-10 am</p> <p>Dominoes* 10-11:30 am</p> <p>Ballet 10-10:45 am</p> <p>Big Band 10:55-12:20 pm</p> <p>Diabetes Workshop* 11am-12 pm (1x a Month)</p> <p>Movie Day* 12:30pm (First Friday of Month)</p> <p>BINGO 12:30 pm (every Friday except 1st Friday)</p> <p>Congregate Lunch 12 pm</p> <p>Beading Buddies 12:30 - 2:00 pm (every other)</p> <p>Scrabble* 12:30 - 2:30 pm</p> <p>Osteo Exercise* 2:30-3:30 pm</p>

All dates are subject to change.

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

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

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

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



Witecki Law Office



8 S. Church Street
Schenectady, NY 12305

518.372.2827

Glenn J. Witecki, Esq.



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- ❖ 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

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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.
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This is an advertisement. Y0019_16_0864 Accepted

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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

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Prime Rib Night
4pm - 9pm**
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Dance to the tunes of Dick Spazz

Fairways of Halfmoon
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Visit our Community Partners

Show your valid Senior Center membership card and enjoy discounts offered by these businesses:

- Clean Cut Lawn Care:** Austin McDonough, Clifton Park - (518)879-9267 — **10% off Lawn Mowing/Trimming**
- 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)



We're by your side so your loved one can stay at home.

Call for a free, no-obligation appointment
518.580.1042

HomeInstead.com/341

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 (518) 664-2673

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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
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homeofthegoodshepherd.com

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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?

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breaded Pork Chop w/ Gravy Rice Spinach Pineapple	2 Chicken w/Spinach & Feta Cheese Sauce Buttered Pasta Sonoma Blend Vegetables Pears	3 Spanish Beef & Rice Casserole Carrots Garlic Cornbread Fruit Jell O w/Whipped Topping	4 Tuna Salad Cold Plate Macaroni Salad Marinated Vegetable Salad Peaches
7	8	9	10	11 <i>Mother's Day</i> <i>Special</i> Pesto Chicken Roasted Rosemary Potatoes Butternut Squash Dinner Roll Chocolate Cake w/Frosting
Chicken Cacciatore Pasta w/Sauce Zucchini & Yellow Squash Yogurt	Seafood Newburg over Rice Carrots Dinner Roll Tropical fruit	Roast Beef w/Gravy Mashed Potatoes Peas Plum Fruit	Pasta w/Meatballs Green Beans Parmesan Cheese Chocolate Pudding w/ Whipped Topping	
14	15	16	17	18 CLOSED
Pork Loin w/Fiesta sauce Red Bliss Potatoes Mixed Vegetables Pears	Honey Baked Chicken Brown Rice Broccoli Dinner Roll Peaches	Macaroni & Cheese Stewed Tomatoes Brussels Sprouts Yogurt	Chopped Steak Garlic Mashed Potatoes Spinach Orange Whip	
21	22	23	24	25
Rosemary Garlic Lem- on Chicken over Rice Brussels Sprouts Warm Peach Crisp	BBQ Pork Loin Cubed Sweet Potato Cabbage Chocolate Chip Cookies	Chicken Picatta Roasted Potatoes Mixed Vegetables Apricot Whip	Baked Fish w/Creamy Dill Sauce Brown Rice Vegetable Trio Honeydew Melon	Egg Salad on Wheat Marinated Green Beans Beet & Onion Salad Fruit Jell O w/Whipped Topping
28 CLOSED	29	30	31	
	Chicken Alfredo Pasta Peas Pears	Baked Fish w/Creamy Di- jon Sauce over Brown Rice Sonoma Vegetables Warm Berry Crisp	Sausage Patty w/ Peppers & Onions on Roll Red Bliss Potatoes Carrots Peaches	

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**



Game On! – Learn to Play!



TUESDAY

Pool & Billiards 9 - 12:00 pm (weekly)
 Pinochle 9:45 - 11:45 am (weekly)
 Dice 3000 10 - 12:00 pm - 5/8, 5/22 - Learn to Play
 Left – Center – Right (Dice) 10 - 12:00 pm - 5/1, 5/15, 5/29 - 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 - 5/9, 5/23 - Learn to Play
 Dice 6-5-4 1 - 3:00 pm - 5/2, 5/16, 5/30 - 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 - 5/3, 5/17, 5/31 - Learn to Play
 Golf (Cards) 1 - 3:00 pm - 5/10, 5/24 - 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 - 5/4
 (Vote for your favorite movie at the front desk)
 BINGO 12:30 pm - Every Friday except the First Friday of the Month - 5/11, 5/18, 5/25
 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!

Top 5 Hottest Senior Cyber Scams

According to experts at the National Cyber Security Alliance and the Better Business Bureau, following are five of the hottest cyber scams that older adults need to avoid:



Tech support scams

There's nothing worse than being told your computer isn't working correctly. These types of scams can manifest themselves as "pop-ups" that appear on your computer screen and look like legitimate offers for computer service or help. The best approach to take when you see one of these is to not respond.



Tax scams

The tax season provides another window of opportunity for online fraudsters to take action. One IRS scam being perpetrated by email as well as mail is an official-looking notice CP2000 for the tax year in question. If you get a notice like this, it is best to delete it immediately and call the IRS at 1.800.366.4484. The IRS will never reach out to you by email nor will they call demanding payment.



Ransomware

One of the most frightening forms of online fraud is ransomware, a type of malicious software designed to block access to a computer system until a sum of money is paid. Ensure your system has an up-to-date antivirus system to help avoid these types of scams.



False debt collectors

False debt collection emails oftentimes come as official-looking documents and the tone of the emails is threatening and urgent. If you're concerned about whether you owe money, contact any creditors directly to find out if they sent the emails.



Sweepstakes scam

A sweepstakes scam often will want you to pay to receive your prize. If you believe the charity is legitimate, you can check it out by looking up the number and calling it prior to paying.

TRIPS

***The Barrington Stage Company
presents:
The Royal Family of Broadway***

A brilliant new musical comedy is a masterful love letter to the Great White Way Set in the 1920's and loosely based on the legendary Barrymores.

We'll start with lunch at the
Highland Restaurant

Friday, June 15

10:30 am Departure—5:30 pm Return

\$82 member/\$89 non member
Includes Transportation, Lunch and the Show

UPCOMING TRIPS will include:

Steam Train and Riverboat Cruise

Guided Trolley Tour of Saratoga Springs

Saratoga Race Track

Polynesian show at the Hu Ke Lau

Mohonk Mountain House

And more

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

****Limited Space - Sign up Today****
\$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

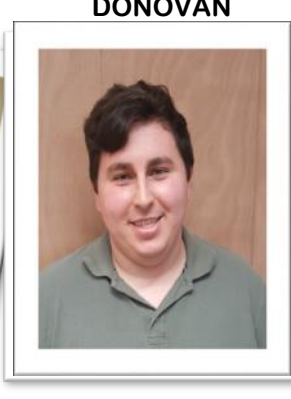
SUE



RAINA



DONOVAN



SHIRLEY



ROSE

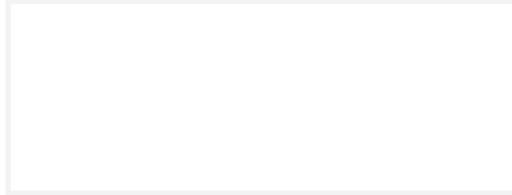




Clifton Park Senior Community Center
6 Clifton Common Court
Clifton Park, NY 12065
(518) 383-1343

PRSRST 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.