



# Clifton Park Senior Community Center

## Monthly Newsletter

August 2018

### Clifton Park Senior Community Center

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

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

Like us on Facebook:

<https://www.facebook.com/CliftonParkSeniorCommunityCenter/>

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

LABOR DAY:  
MONDAY, 9/3

COLUMBUS DAY:  
MONDAY, 10/8

# You're Invited!



## Monday, August 20th 1:00 pm - 4:00 pm

*Are you a new member? Not yet a member?  
Know someone who might like to join us in some of our programs and activities? Come and meet some of our instructors and learn about the many programs & classes we have to offer!*

- ◆ *Class demonstrations begin at 2pm* ◆
- ◆ *Light Refreshments will be served* ◆

*Event Sponsored By:*



**Peregrine**  
SENIOR  
LIVING  
at CLIFTON PARK

**Advanced Registration Required**  
*\*Bring a friend who is not yet a member & be entered to win a prize\**

# News & Events



Thursday, August 2nd	10:00 am	Watercolors with Mary Fekete 4-week session begins
Friday, August 3rd	11:00 am	Diabetes Support Group - August Topic: Healthy Living
Saturday, August 4th	9:00 am - 4:00 pm	Summer Book Sale
Sunday, August 5th	11:00 am - 3:00 pm	Summer Book Sale - bag sale at 2pm
Monday, August 6th	10:00 am	Basic Computer Skills with Bob Stromberg: Using Public WiFi hotspots
Tuesday, August 7th	6:00 pm	National Night Out - Clifton Common Basketball Courts
Wednesday, August 8th	12 - 6pm	Red Cross Blood Drive at Clifton Park Town Hall
Friday, August 10th	1:00 pm	Latin Line Dancing - Free Class—8/10 & 8/24
Monday, August 13th	10:00 am	Paint & Pastries - "Maine Lighthouse" - Registration Closed - Class Full
Monday, August 13th	10:00 am	Basic Computer Skills with Bob Stromberg: Using Email
Monday, August 13th	1:00 pm	Sweat'n to the Oldies - 2 sessions (8/13 & 8/27) - FREE
Wednesday, August 15th	10:00 am	Craft Connection with Rosemarie (8/15 & 8/29 - two times per month)
Thursday, August 16th	9:00 am departure	<b>TRIP:</b> Guided Trolley Tour of Saratoga Springs and a luncheon at Longfellows
Friday, August 17th	9:00 am - 4:00 pm	AARP Smart Driver Course
Friday, August 17th	1:30 pm - 3:30 pm	Health Screening Clinic - Saratoga County Public Health - Sign up Required
Friday, August 17th	1:30 pm	Emergency Preparedness Presentation - Sign up Required
Monday, August 20th	10:00 am	Basic Computer Skills with Bob Stromberg: Working with iPads
<b>Monday, August 20th</b>	<b>1:00 pm - 4:00 pm</b>	<b>Open House at the Clifton Park Senior Community Center</b>
Tuesday, August 21st	1:00 pm	Speed Friending
Wednesday, August 22nd	12:30 pm	Lunch & Learn: Learn about the 4 Parts of Medicare (H&L Insurance)
Monday, August 27th	10:00 am	Basic Computer Skills with Bob Stromberg: Lost phone/device
Tuesday, August 28th	8:00 am departure	<b>TRIP:</b> WW Durant Raquette Lake Luncheon Cruise & The Adirondack Experience on Blue Mountain Lake
Tuesday, August 28th	11:15 am	Gentle Yoga, Healing Journey Inward 5-week session begins
Wednesday, September 5th	11:00 am	Early Grief Support Group - 6 week session begins
Monday, September 10th	10:00 am	Chair Yoga 6-week session begins
Monday, September 10th	1:00 pm	Beginner Clogging - 4 week session begins
Monday, September 10th	1:00 pm	Soul Line Dancing (September session begins)
Tuesday, September 11th	10:00 am	Tai Chi 7-week session begins
Tuesday, September 11th	12:45 pm	Service Project: Shenendehowa Quilt Project—Quilts made for children in need
<b>Wednesday, September 12th</b>	<b>5:30 pm</b>	<b>September Dinner: Featuring food from PJ's BAR-B-QSA - Sign up today!</b>
Thursday, September 13th	7:45am departure	<b>Trip:</b> Spirit of Ethan Allen Luncheon Cruise
Monday, September 17th	9:00 am	Tap Dance 6-week session begins
Monday, September 17th	10:00 am	Jazz Dance 6-week session begins
Thursday, September 20th	7:45 am departure	<b>TRIP:</b> Mohonk Mountain House
Friday, September 21st	10:00 am	Ballet 6-week session begins
Sunday, October 7th	1:00 pm	Fall Basket Party

## LET'S TALK

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



***We'll serve dessert!***

*Please join us for lunch with the Saratoga County Office for the Aging Congregate Meal Program! Lunch is served at noon. See the enclosed menu and sign up in advance (by 12noon the prior day) as reservations are required. Lunch is followed by the below Lunch and Learn Program.*

### **Learn about the 4 parts of Medicare**

Presented by: Michael O'Brien, President, H&L Insurance

**Wednesday, August 22nd  
12:30 pm**

- ☆ Learn about the 4 parts of Medicare and how they work
- ☆ How NYS EPIC works with Medicare Part D
- ☆ Medicare Savings Programs and extra help with Prescriptions

### **Congregate Lunch - The Traveling BBQ - Friday, August 3rd at 12noon**

Hosted by: Saratoga County Office for the Aging & Northeast Dining and Lodging

Advanced reservations are REQUIRED. Please call or sign up with the Congregate site manager at the Clifton Park Senior Community Center at (518) 383-1343 at least one day in advance, by 12 noon. An annual registration form MUST be completed and updated. All food/drink items must be consumed at the congregare site. A voluntary contribution for age 60 and over is \$2.00 per meal. (A monthly contribution statement will be mailed to each diner). Guest (under 60) will be charged \$6.00 at the site.

### **2-DAY Summer Book Sale**

**Saturday, August 4th from 9am - 4pm  
Sunday, August 5th from 11am - 3pm**

We will continue to accept donations of books and DVDs in good condition to sell at the event. Paperback books will be sold for \$0.50 and hardcover books will be sold for \$1.00. The bag sale portion of the event will be held on Sunday, August 5th, from 2-3pm.

For additional information or if you would like to assist the CPSCC with this event, please contact the Center at (518) 383-1343.



**Fall Basket Party will be held on  
Sunday, October 7th at 1:00 pm**

Tickets for the Basket Party will go on sale Wednesday, August 15th. This event is open to the public and tickets must be purchased in advance at the Center, as space is limited. Tickets are \$8 and include 25 free auction tickets, sandwiches, and dessert. Auction tickets will also be available for purchase at the event. This is a fun afternoon, and we hope to see you there! For more information, please contact the Front Desk.

#### **Basket Party Donations are Welcome!**

We are currently asking for gift basket donations for our Fall Basket Party. Basket themes include but are not limited to: Pet lovers, coffee & tea, crafts, baby items, kitchen gadgets, holiday, chocolate lovers and spa themes. Baskets can be dropped off at the Front Desk.

# LET'S TALK - Advanced Sign up Required for these programs:



## BASIC COMPUTER SKILLS

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

**Monday, August 6:** Using public WiFi hotspots, with a glance at setting up WiFi at home

**Monday, August 13:** Using email (sending and receiving email; sending file attachments; saving attachments you receive)

**Monday, August 20:** Working with iPads

**Monday, August 27:** What to do if you lose your phone or other device

Coming in September...Working with digital photos

\*\*\*\*\*

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

## SPEED FRIENDING

*Tuesday, August 21st  
1:00 pm - 3:00 pm*

*Speed Friending helps seniors make new friends in minutes! We know it can be hard to meet new people and we 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.*



*Feel free to come solo or in a group.*



**FRIDAY, August 17th  
1:30 - 3:30 pm**

### **1:30 - 3:30 pm: Health Screening Clinic**

Nurses from Saratoga County Public Health will be providing complimentary blood pressure, glucose and cholesterol screening for seniors.

### **1:30 pm: Emergency Preparedness Presentation**

Presented by: Lori Prock

### **EARLY GRIEF SUPPORT GROUP**

*Wednesdays from 11 am - 12noon  
6-week Session:*

*9/5, 9/12, 9/19, 9/26, 10/3, 10/10*

Facilitated by a Bereavement Counselor from Hospice, this group offers a unique opportunity to share experiences and find support. In each session, ways to handle the complex feelings and challenges of early grief will be discussed. The group meets for six weekly sessions, and participants are asked to attend all six sessions. Space is limited.

**AARP Smart Driver Course  
Friday, August 17, 2018  
from 9:00 am - 4:00 pm**

**Cost: AARP Members: \$20 Non-Members: \$25**

Space is limited. When registering: check or money order must be made payable to AARP and we'll need a copy of your AARP Membership Card to receive the reduced registration price. **You MUST bring your Driver's License to the class.**

**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. The next support group meeting will be held on: **Friday, August 3rd:** Presenter will be Shannon Lawler from Alzheimer's Association to discuss "Healthy Living."

## Let's Move - Advanced Sign up Required for these programs:

### **Sweat'n to the Oldies**

*Richard Simmons - Exercise to Tape*

*Mondays 1:00 pm - 2:00 pm  
8/13, 8/27*

*There is no charge for this class.*

Come join our talented dance instructor and former Rockette, Janet Murphy, for one of her classes here at the Center:

**JAZZ DANCE:** Mondays - 10:00 am - 10:45 am  
6 weeks: 9/17, 9/24, 10/1, 10/15, 10/22, 10/29  
\$24/Session. This jazz class will build confidence, self-expression and motivation while dancing to hot jazz tunes. Many jazz warm-up steps parallel osteoporosis exercise for building bone and increase balance.

**TAP:** Mondays - 9:00 am - 10:00 am  
6 weeks: 9/17, 9/24, 10/1, 10/15, 10/22, 10/29  
\$30/Session. Janet welcomes various experience levels to learn tap dancing while having fun and getting great exercise. Many steps are tailored to well loved Broadway-themed songs.

**BALLET:** Fridays - 10:00 am - 10:45 am  
6 weeks: 9/21, 9/28, 10/5, 10/12, 10/19, 10/26  
\$24/Session. Learn the classical movements, positions and dances of ballet. Warm up before each class with stretching and moves that parallel osteoporosis exercise for building bone and increasing balance.

### **Gentle Yoga, Healing Journey Inward**

**Tuesdays 11:15 am – 12:30 pm**

**8/28, 9/4, 9/11, 9/18, 9/25**

5 Classes for \$35

We have chairs available if you cannot be on the mat.  
Please bring your own mat if you have one.

Instructed by Rita Ajmera

### ***Soul Line Dancing***

September Session will be held on:  
**MONDAYS from 1:00 pm – 2:00 pm:**

9/10, 9/17, 9/24

*\$10/month*

*Instructed by Mary & Frank Colby*

### **Latin Line Dancing**

**Friday: August 10th and August 24th**

**1:00 pm - 2:00 pm**

There is no charge for these first two classes.  
Space is limited.



Try our fun **Latin Line dancing** classes with sizzling hot Latino Beats and Rhythms Cha-Cha, **Salsa, Rumba & more.**  
Led by Ray Nunez

### **Beginner CLOGGING**

**Mondays at 1:00 pm**

**9/10, 9/17, 9/24, 10/1**

\$28.00 for 4-week program

The class atmosphere is very comfortable, and you won't be made to feel shy or intimidated. The basic steps are reviewed each week. 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. For the first while, it is recommended that you wear shoes with a smooth bottom, preferably leather-soled. Try not to wear running shoes. Wear whatever clothes are comfortable for you. Instructed by Fran Beaudoin.

### **Chair Yoga**

**Mondays at 10:00 am - 11:00 am**

**9/10, 9/17, 9/24, 10/1, 10/15, 10/22**

\$42.00 for 6-week session

*Chair Yoga is tailored for participants with cardiac or other chronic medical conditions or those who would like a gentle exercise program. The chair replaces the yoga mat and becomes an extension of your body allowing you to take full advantage of yoga's amazing fitness and health potential.*

### **Tai Chi**

**Tuesdays at 10:00 am - 11:00 am**

**9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23**

\$49.00 for 7-week session

Tai Chi or "Chinese Shadow Boxing" is an ancient art consisting of slow, graceful and rhythmic movements. In this class you will begin learning one of the most concise and shortest of the many styles of Tai Chi taught throughout the world. This is known as 'Beijing 24 form' or Yang style 'Short Form'. The emphasis is on building health, balance, improved coordination and a calm state of mind.

Instructed by Bonnie Furlong, RN

## ENTERTAINMENT & THE ARTS

### The Greg Nazarian Big Band

**7:00pm**

**Saturday, August 11th**

\$10 per person, \$5 for members.

Open to the Public



LIVE ENTERTAINMENT, DANCING,  
and KARAOKE with Brian Zapel!

**7:00 pm**

**Sunday, August 26th**

\$5 per person at the door

Open to the Public

### Center Gallery @ the Common

The Southern Saratoga Art Society (SSAS)  
presents their August 2018 Artist:

#### **Eva Marie Loucks**

Eva Marie Loucks will feature over 30 works of original art at her solo art exhibition at the Clifton Park Senior Community Center. "The Saratoga area and traveling are a big part of my life and artwork," said Loucks. Her artwork captures the fast-paced action and splendor of Saratoga. Her flowers and landscapes were inspirations from her travels in the United States and Europe. This exhibit includes original serigraph prints, acrylic on canvas, watercolor paintings and photography.

*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 Art Society via email at: [Rkfineart@gmail.com](mailto:Rkfineart@gmail.com).*

*Visit their website at: [www.southernsarotogaartist.com](http://www.southernsarotogaartist.com)*

### RED HAT MAMAS

**Wednesday, August 8th, 12:00 pm**

**Wheatfields Bistro, Clifton Park**, 54 Crossing Blvd, CP  
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, August 18th at 12:30pm**

The Singles Lunch Bunch (now in our 13th year) will meet at **Grecian Gardens Restaurant**, 1612 Route 9, Clifton Park. We meet every 3rd Saturday of the month and we welcome all single men and women to come out and enjoy great food and wonderful company. We celebrate birthdays for the month and get separate checks. Please RSVP by Wed., August 15th to Sandy Nolin at 518-399-5812 or [sandra4shen@aol.com](mailto:sandra4shen@aol.com). We look forward to meeting you there...



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### **National Night Out - Family Fun Night**

The Town of Clifton Park is proud to announce our twelfth-annual National Night Out Against Crime.

**Tuesday, August 7th from 6:00 p.m. - 8:30 p.m.**

**Clifton Common Basketball Courts**

Join us for this free family event which incorporates public safety education as part of "National Night Out" events including police, fire, ems equipment, preparedness displays and safety information. Watch demonstrations by law enforcement K-9s and meet fire and police officials. Explore our Fire Prevention Bus.

Please call 518-371-6667 for more information. T-shirts available while supplies last. Children ages 6 to 12 are invited to join the Town and special guests for a **Free Throw Contest** and **Basketball Skills Clinic**.

## LET'S GET CREATIVE

### CRAFT CONNECTION with Rosemarie

Meet new people! **Have some Fun!**  
Uncover your Creative side. No experience necessary.

**Wednesdays at 10:00 am on:  
August 15th & 29**



The only thing required is a sense of humor and a willingness to try. Classes are small so please sign up at least one week in advance to assure a seat. Examples of the upcoming month's projects will be at the front desk.



### NATURE WALK QUILT RAFFLE

Raffle Tickets \$2 each

1st Prize - Leaf Sampler (Queen Sized Quilt)  
2nd Prize - Woodland Flowers (Lap Quilt)  
3rd Prize - Autumn Leaves (Table Runner)

Handmade by our very talented Quilters, the 2018 quilt is named "Nature Walk."

Drawing to be held on:

Monday, December 17th at 2:00pm.  
You do not need to be present to win.

*Community Quilt Raffle to benefit Captain Youth & Family Services*

### Watercolors with Mary Fekete

**Thursdays at 10:00 am on:  
8/2, 8/16, 8/30, 9/13  
\$20.00 for 4-week Session**

Supply List Available.  
Advanced Sign up Required

Registration is FULL for our **Paint & Pastries** class, scheduled on Monday, August 13th at 10:00 am. Wait list only. Sponsored by CDPHP.

## SERVICE PROJECTS

**\* No Experience Necessary \***

### Shenendehowa Quilt Project - Quilts made for children in need

**Tuesday, September 11 – 12:45 pm**

Help us help others with this great project. No artistic ability necessary. Clifton Park resident Ann Schwanda will lead us. We will draw simple pictures which will be later transformed into beautiful quilts. These quilts will be donated to children in financial or emotional need in the Capital Region.

### Soldier Stockings – Operation Adopt A Soldier

**Wednesdays, October 10, 17, 24, 31, November 7**

We also are in need of travel sized shampoo, conditioner, lotion, baby powder, toothpaste, toothbrushes.

Regular sized: deodorant, chapstick, baby wipes, nail clippers, sunscreen, cough drops, pens/pencils, hard candy, candy bars, gum, beef jerky, trail mix, dried fruit & nuts, energy bars, flea collars. Small games: dice, cards, word search, Suduko, coloring books, DVD movies, etc. We need your leftover Halloween Candy for the November 7 'Filling of the Stockings.'

There is something to do for everyone...We will cut felt into stockings, decorate the stockings and machine sew the stockings together. We will then fill them with small games (dice, cards, word search, Suduko, DVD's, etc.), Travel sized toiletries, and your leftover Halloween Candy. These items will be shipped via: [www.OperationAdoptASoldier.org](http://www.OperationAdoptASoldier.org) out of Saratoga. Last year we donated 100 stockings to our soldiers.

### To Love a Child Foundation...to benefit young women in Haiti & Zimbabwe – date TBA

We need your help. Some of us will cut material and others will machine sew the pads together.

Items needed include: Dark colored cotton, flannel, fleece or terrycloth material, 100% cotton batting, plastic snaps size 16.

# DAILY ACTIVITY CALENDAR



**Clifton Park Senior Community Center  
6 Clifton Common Court, Clifton Park**

## Daily Activity Calendar (\*denotes free activity/class for members)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Tap (Int. II)</b> 9-10 am  <b>Jazz</b> 10-10:45 am  <b>Chair Yoga</b> 10-11:00 am  <b>Bocce*</b> 10 am - 11:30 am  <b>Discussion Group*</b> 10:30-12 pm (2nd, 4th Mon)  <b>Congregate Lunch</b> 12 pm  <b>Clogging</b> 12-1:30 pm  <b>Quilting Group*</b> 1-3 pm  <b>BUNCO (Dice)</b> 1-3 pm (every other week)  <b>Osteo-Exercise*</b> 2:30-3:30 pm	<b>Exercise to Tapes*</b> 8:45-9:45 am  <b>Pool &amp; Billiards*</b> 9-12 pm  <b>Pinochle*</b> 9:15-11:30 am  <b>Duplicate Bridge Lesson</b> 10-11:00 am  <b>Tai Chi</b> 10-11:00 am  <b>Learn to Play: Left-Center-Right (Dice)*</b> 10-12 pm (every other week)  <b>Learn to Play: Dice 3000*</b> 10-12 pm (every other week)  <b>Duplicate Bridge</b> 11:30-3:30 pm  <b>Congregate Lunch</b> 12 pm  <b>Scrabble*</b> 1-3 pm	<b>Exercise to Tapes*</b> 8:45-9:45 am  <b>Senior Investment Club</b> 9:30-11:30 am (2nd Wed.)  <b>TOPS</b> 10-11:30 am  <b>Rummikub*</b> 10-12 pm  <b>Bocce*</b> 10 am - 11:30 am  <b>Social Bridge*</b> 10-12 pm  <b>Congregate Lunch</b> 12 pm  <b>Learn to Play: Hand and Foot (Cards)*</b> 12:30-3 pm (weekly)  <b>Poker* 1-3 pm</b>  <b>Crocheting &amp; Knitting*</b> 1-3 pm  <b>Osteo-Exercise*</b> 2:30-3:30 pm	<b>Senior Golf League (5/3 - 9/27)</b> 8:00 am  <b>Exercise to Tapes*</b> 8:45-9:45 am  <b>Pool &amp; Billiards*</b> 9-12 pm  <b>Yoga</b> 10-11:00 am  <b>Chorus* (off July &amp; Aug)</b> 10:00-11:30 am  <b>Legal Assistance*</b> by appt. 10-12 pm (3rd Thurs.)  <b>Watercolors &amp; Sketching</b> 10-12:30 pm  <b>Seton Health "Seniorcize"*</b> 11-12 pm (Seasonal)  <b>Duplicate Bridge</b> 12:00-4 pm  <b>Congregate Lunch</b> 12 pm  <b>Pinochle*</b> 12:30-3 pm  <b>Mahjong*</b> 12:30-4 pm  <b>BUNCO (Dice)</b> 1-3 pm (every other week)	<b>Orchestra (off July &amp; Aug)</b> 9-10:55 am  <b>Tap Advanced</b> 9-10 am  <b>Woodcarving*</b> 9-12noon  <b>Ballet</b> 10-10:45 am  <b>Dominoes*</b> 10-11:30 am  <b>Big Band (off July &amp; Aug)</b> 10:55-12:20 pm  <b>Diabetes Workshop*</b> 11am-12 pm (1x a Month)  <b>Movie Day*</b> 12:30 pm (First Friday of Month)  <b>BINGO</b> 12:30 pm (every Friday except 1st Friday)  <b>Congregate Lunch</b> 12 pm  <b>Beading Buddies</b> 12:30 - 2:00 pm (every other)  <b>Scrabble*</b> 12:30-2:30 pm  <b>Osteo Exercise*</b> 2:30-3:30 pm

*All dates are subject to change.*

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

**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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*“Strategic Planning for the Future”*

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or

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for a free consultation every 3rd Thursday of the month.

Home visits available upon request

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**TTY/TDD (518) 641-4000**

From October 1 through February 14, a representative will be available to speak with you from 8 a.m. to 8 p.m. seven days a week. A representative will be available to speak with you from 8 a.m. to 8 p.m.

Monday through Friday the rest of the year.

CDPHP® is a health plan with a Medicare contract. Enrollment in CDPHP Medicare Choices depends on contract renewal.

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**Sheila Rivera**

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- Medication management and skilled nursing tasks
- Blood Glucose Monitoring
- Catheter/Foley Care

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**MALTA**  
26 Rock Rose Way  
Malta, NY  
(518) 581-2800

**MOREAU**  
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Moreau, NY  
(518) 792-1000

**SARATOGA**  
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KATHLEEN LOWES SANVIDGE ~ OWNER AND LFD

**DIVORCE & FAMILY LAW**

**D | & | K**

**DONNELLAN & KNUSSMAN PLLC**  
ATTORNEYS AT LAW

658 MALTA AVE, SUITE 201  
BALLSTON SPA, NY 12020

**(518) 309-6094**



**DKLAWFIRMNY.COM**

# CONFUSED ABOUT YOUR MEDICARE PLAN OR NEW TO MEDICARE?

Are you 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?

## WE CAN HELP!

Our mission is to provide you with coverage specifically tailored to your needs.  
Contact us today to schedule a time to learn more about Medicare.

Hospital Coverage • Medical Coverage • Medicare Advantage • Medicare Supplement  
Drug Coverage • Critical Illness • Auto & Homeowners • Disability • Life

Learn if you qualify for extra help, MSP or EPIC.

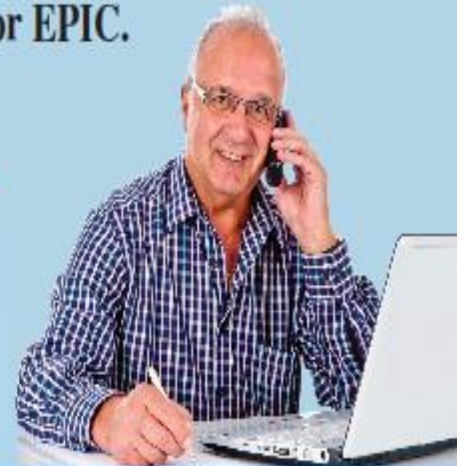
**518-661-6300**

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

[mmobrien@nycap.rr.com](mailto:mmobrien@nycap.rr.com)



H&L Insurance  
2441 State Highway 30  
Mayfield, NY 12117



## LOCALLY OWNED & OPERATED



"I have been helping Medicare beneficiaries with their healthcare options for 28 years and I will be here with you for years to come for help and guidance. We contract with many of the area's leading insurance companies for Medicare needs."

**Michael O'Brien, President  
H&L Insurance**

Contact me today to schedule a time  
to learn about Medicare.

**518-661-6300**

[www.handlinsuranceco.com](http://www.handlinsuranceco.com) • [mmobrien@nycap.rr.com](mailto:mmobrien@nycap.rr.com)

**CALL TODAY!**

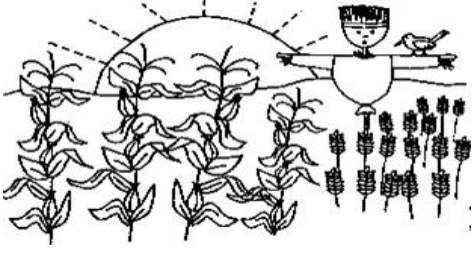

- Confused about your Medicare or Prescription Drug plan?
- Have your premiums and/or copays increased?
- Are all of your prescription medications currently covered?
- Do you now have a deductible or have your copays increased for your prescriptions?
- Do you qualify for EPIC through New York State or qualify for extra help from Medicare?
- Is your insurance agent working for you?

# 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-August 2018 CONGREGATE & HOME DELIVERED MEALS 363-4020

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Roast Beef w/Gravy Mashed Potatoes Peas Plum Fruit	Chopped Steak Parmesan Pasta Green Beans Parmesan Cheese Chocolate Pudding w/ Whipped Topping	Turkey Salad on Wheat Pasta Salad Tomato & Cucumber Salad Fruit Cocktail
6	7	8	9	10
Macaroni & Cheese Stewed Tomatoes Brussels Sprouts Yogurt	Honey Baked Chicken Brown Rice Broccoli Roll Peaches	Pork Loin w/Fiesta Sauce Red Bliss Potatoes Mixed Vegetables Pears	Meatloaf w/Gravy Garlic Mashed Potatoes Spinach Orange Whip	Five Spice Chicken Entrée Salad Ranch dressing Potato Salad Dinner Roll Banana
13	14	15	16	17
Rosemary Garlic Lemon Chicken over Rice Brussels Sprouts Warm Peach Crisp	BBQ Pork Loin Cubed Sweet Potato Cabbage Chocolate Chip Cookies	Baked Fish w/Creamy Dill Sauce Mashed Potatoes Vegetable Trio Apricot Whip	Chicken Picatta Roasted Cubed Potatoes Mixed Vegetables Honeydew Melon	Egg Salad on Roll Marinated Green Beans Beet & Onion Salad Fruit Jell O w/ Whipped Topping
20	21	22	23	24
Baked Fish w/Creamy Dijon Sauce over Brown Rice Sonoma Vegetables Warm Berry Crisp	Chicken Alfredo Pasta Peas Pears	Chili Rice Yellow squash Fruit Cocktail	Goulash Cornbread Carrots Peaches	Ham Salad Cold Plate Sweet Potato Salad Coleslaw Pineapple
27	28	29 Birthday Special	30	31
BBQ Chicken over Rice Spinach Warm Applesauce	Smothered Chopped Steak w/Gravy Mashed Potatoes Brussels Sprouts Chocolate Chip Cookies	 Roast Pork w/Gravy Mashed Potatoes Vegetable Trio Cake w/Frosting	Oven Fried Chicken w/ Gravy Sweet Potatoes Green Beans Tropical Fruit	Seafood Salad Cold Plate Pea Salad Cornbread Mandarin Oranges

### 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!



## MONDAY

**Bocce** 10 - 11:30am (weekly)  
**BUNCO (Dice)** 1 - 3:00pm 8/13, 8/27 - Learn to Play



## TUESDAY

**Pool & Billiards** 9 - 12:00 pm (weekly)  
**Pinochle** 9:15 - 11:30 am (weekly)  
**Dice 3000** 10 - 12:00 pm - 8/14, 8/28 - Learn to Play  
**Left – Center – Right (Dice)** 10 - 12:00 pm - 8/7, 8/21 - Learn to Play  
**Scrabble** 1 - 3:00 pm (weekly)



## WEDNESDAY

**Social Bridge** 10 - 12:00pm - Improve your game - (weekly)  
**Bocce** 10 - 11:30am (weekly)  
**Rummikub** 10 - 12:00pm (weekly)  
**Hand & Foot (Cards)** 12:30 - 3:00 pm (weekly) Learn to Play  
**Poker** 1 - 3:00 pm (weekly)



## THURSDAY

**Pool & Billiards** 9 - 12:00 pm (weekly)  
**Mahjong** 12:30 - 4:00 pm (weekly)  
**Pinochle** 12:30 - 3:00 pm (weekly)  
**BUNCO (Dice)** 1 - 3:00 pm - 8/9, 8/23 - 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 - 8/3  
(Vote for your favorite movie at the front desk)  
**BINGO** 12:30 pm - Every Friday except the First Friday of the Month - 8/10, 8/17, 8/24, 8/31  
**Scrabble** 12:30 - 2:30 pm (weekly)



*Please join us for lunch with the Saratoga County Office for the Aging Congregate Meal Program! Lunch is served at noon. See the enclosed menu and sign up in advance (by 12noon the prior day) as reservations are required.*

# TRIPS

Please see our TRIPS bulletin board for other sister senior center trips, and travel as a member!!

## WW Durant Raquette Lake Luncheon Cruise & The Adirondack Experience on Blue Mountain Lake

**Tuesday, August 28**  
**8:00 am Departure – 7:00 pm Return**

Join us for an afternoon buffet luncheon cruise with a historic commentary. Then on to the Adirondack Experience formerly the Adirondack Museum. This 121-acre indoor-and-outdoor experience provides a fun, active and educational way for visitors to immerse themselves into the reality of life, work & recreation. "Life in the Adirondacks," a 19,000-square-foot interactive experience combines the latest digital technology with real hands-on experiences to bring the spirit of adventure and breathtaking natural beauty of the Adirondacks to life.

**\$84 Members/ \$89 Non-Members**

*Sautéed chicken in a sherry pesto cream sauce,  
Beef bourguignon, Buttered egg noodles, Creamed spinach, Summer  
salad with Apricot vinaigrette, Fresh fruit, Baguettes & butter and  
Apple crisp à la mode*

## SPIRIT OF ETHAN ALLEN LUNCHEON CRUISE

**SHOPPING ON CHURCH ST.,  
BURLINGTON VT & BEN & JERRY'S TOUR**

**Thursday, September 13, 2018**  
**7:45 am Departure – 7:30 pm Return**

Enjoy our scenic narration while enjoying lunch from our grand buffet. More than just soup and sandwiches, this is sure to impress! The actual menu is determined on the day of the trip.

**\$62 Members/ \$68 Non-Members**

## **Mohonk Mountain House, New Paltz NY & Walkway Over the Hudson**

**Thursday, September 20, 2018**  
**7:45 am Departure – 7:30 pm Return**  
**\$95 members / \$105 non-members**

An award-winning National Historic Landmark Resort and Historic Hotel of America, this grand 265-room Victorian castle resort is owned & operated by the Smiley Family since its founding in 1869. The resort has provided guests with recreation and renewal of body, mind, and spirit in a beautiful natural setting for 148 years. Among many other things, the grounds feature...

Self-Guided: Exquisite Gardens, Barn Museum, House Tour and Hiking Trails. Our Buffet Luncheon will be prepared by award-winning chefs. Enjoy afternoon Lemonade and cookies prior to our departure.

**SOLD OUT: Guided Trolley Tour of Saratoga  
Springs and a Luncheon at Longfellow's**  
**Thursday, August 16**



A warm welcome to our part-time summer staff member Candy! She has been a wonderful addition to our team!!

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

**Trips will begin and end at the Clifton Park Ice Arena,  
16 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

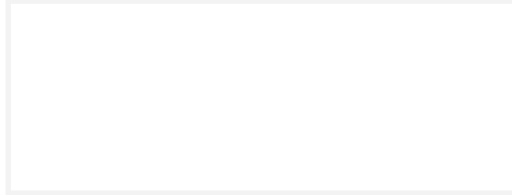




**Clifton Park Senior Community Center**  
**6 Clifton Common Court**  
**Clifton Park, NY 12065**  
**(518) 383-1343**

**PRSRT 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 Rose Savallo	371-5720
Director of Safety & Security Lou Pasquarell	348-7311
Town Security Officers	369-6651
Sewer Director Mike O'Brien	348-7313
Transfer Station Supervisor Jeff Vedder	371-6669
Senior Community Center Director Sue Leonard	383-1343

**Email your Town Board**

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

**Town of Clifton Park Senior Express**

- Riders must be 50 years of age or older and live in the Town of Clifton Park.
- A wheelchair lift is available.
- Those needing assistance must be accompanied by an escort.
- Adult handicapped persons under 50 years of age will be considered on a time available basis.

**Monday, Tuesday & Thursday:**

Medical appointments to the following areas:  
 Albany, Schenectady, Troy, Ballston Spa,  
 Saratoga, Mechanicville and Latham.

**Wednesday & Friday:**

Clifton Park shopping and local appointments only.



**Senior Van Dispatch**  
**at 371-4444**  
**9:00am - 1:00pm**

The Town's office buildings are open from Monday through Friday, 9 AM to 5 PM, excluding holidays.  
 The Town Clerk's office is open until 7:00 PM every Thursday.  
 The Building and Parks and Recreation Departments open at 8:00 AM Monday through Friday.