



Clifton Park Senior Community Center

Monthly Newsletter

September 2018

Clifton Park Senior Community Center

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

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

**Please join us for our September Dinner
Featuring:**



PJ's BAR-B-QSA®
**A TASTE TOUR OF
AMERICAN BARBEQUE**
A Restaurant Specializing In Famous Barbeque From Across America

WEDNESDAY, SEPTEMBER 12th	STARTS AT: 5:30 PM	\$10 MEMBERS \$12 NON-MEMBERS
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Sponsored by:



Entertainment Provided by:

**DJ Ernie Apisa,
TRI-CITY ILLUSION**



Half Chicken
BBQ Beans
Potato Salad
Coleslaw
Corn Bread

Lemonade
Dessert

Limited Seating.
Please sign up at
front desk.

News & Events



Wednesday, September 5th	11:00 am	Early Grief Support Group - 6 week session begins
Wednesday, September 5th	10:00 am	Craft Connection with Rosemarie - "Bracelet"
Friday, September 7th	11:00 am	Diabetes Support Group
Friday, September 7th	1:00 pm	Clifton Park Hike: Garnsey Park
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	Pot Luck Luncheon & Shenendehowa Quilt Project
Tuesday, September 11th	1:00 pm	New! Learn to Play - Mexican Train
Wednesday, September 12th	10:00 am	Formal Memories to Memoirs 5-week workshop begins
Wednesday, September 12th	5:30 pm	September Dinner: Featuring food from PJ's BAR-B-QSA - Sign up today!
Thursday, September 13th	7:45am departure	TRIP: Spirit of Ethan Allen Luncheon Cruise
Friday, September 14th	1:00 pm	Latin Line Dancing (September session begins)
Saturday & Sunday, September 15th & 16th	10 am - 5 pm	Clifton Park's Annual Farm Fest
Monday, September 17th	9:00 am	Tap Dance 6-week session begins
Monday, September 17th	10:00 am	Jazz Dance 6-week session begins
Monday, September 17th	10:30 am	NEW! Adult Coloring, Coffee & Conversation (every other week)
Tuesday, September 18th	1:00 pm	MVP Zumba Gold 5-week session begins
Tuesday, September 18th	1:00 pm	Speed Friending Pot Luck
Wednesday, September 19th	10:00 am	New! Beginner Bridge - Learn the Basics - Instructional Class (9/19 & 9/26)
Wednesday, September 19th	10:00 am	Craft Connection with Rosemarie - "Pine Cone Door Hanger"
Wednesday, September 19th	12:30 pm	Lunch & Learn: "Let's Talk About it Now" - Bring your lunch or join the Congregate lunch at 12noon before the presentation - Sign up for lunch required the day before by 12noon.
Thursday, September 20th	7:45 am departure	TRIP: Mohonk Mountain House
Friday, September 21st	10:00 am	Ballet 6-week session begins
Friday, September 21st	12:30 pm	Beading Buddies - "Key Chains"
Tuesday, September 25th	1:00 pm	Speed Friending: One-on-One
Thursday, September 27th	10:00 am	Watercolors with Mary Fekete 4-week session begins
Sunday, September 30th	10:00 am	Nick's Run to be Healed 5K
Sunday, October 7th	1:00 pm	Fall Basket Party
Wednesday, October 10th	TBA	Service Project Begins: Soldier Stockings - Operation Adopt A Soldier
Thursday, October 11th	11:00 am	Seton Health Seniorcize begins (10/4 required registration for new participants)
Tuesday, October 30th	1:00 pm	MVP Bokwa 6-week session begins



Thank you

***Peregrine Senior Living of Clifton Park**
for sponsoring our New Member Open
House.*

*We would also like to acknowledge and
thank our Instructors, amazing
performers and many volunteers who
helped to make this open house a success!*

It was a wonderful event!!

*Welcome to our many new members this
year!!*

*Congratulations to our winner of the door
prize basket: Sue Orlofsky and "Bring a
friend" prize winner: Gail Hawks*



Peregrine
SENIOR
LIVING
at CLIFTON PARK

Assisted Living Memory Care

1 Emma Lane, Clifton Park, New York
(518) 371-2200



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*



Fall Basket Party **Sunday, October 7th** **1:00 pm**

Tickets for the Basket Party are currently on sale. 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. 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 this event. 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.

TOWN BUSINESS

Dear Members,

The month of September will be a busy time at the Center following an exciting Summer. The physical improvements we have announced previously, funded by a grant from Senator Jim Tedisco are now moving forward. A new floor in the Community Room, new doors and HVAC improvements will enhance the facility and provide additional comfort while you are visiting the Center. We thank Senator Tedisco for his continued support of the Center and the residents of Clifton Park! We recently celebrated reaching a tremendous milestone as the Center welcomed our 1,000 current, active member. When the Town assumed operational responsibility for the Center in December of 2016 there were 620 members. The large increase in participation is just one example of the positive spirit that is alive and well. We have now reached 1,050 members following a very successful Open House event.

Thank you to all the members, volunteers, Town staff and everyone that make the Center the wonderful place we all enjoy.

Phil Barrett
Clifton Park Town Supervisor

Clifton Park's Annual Farm Fest

Saturday & Sunday September 15th & 16th

10am - 5pm

FREE ADMISSION

Visit the many working farms in Clifton Park.

Tour Bowman Orchards, Riverview Orchards, Shepherd's Hey Farm, and much more. **HAVE FUN WHILE LEARNING ABOUT FARMING!** Ride a horse, pick apples, take a hayride, eat country food and lots more!

For more information call 371-6667 or visit our Town website www.cliftonpark.org for a full schedule.



TOWN PAPER SHREDDING DAY **SUNDAY, OCTOBER 7th, 1-3pm**

PROTECT YOUR CONFIDENTIAL INFORMATION!

The Town and its specialized partner, 3N Document Destruction will be at the Clifton Park Center (Boscovs Parking Lot -Norstar Chevrolet side of building) with onsite shredding at the mall from 1:00 p.m. to 3:00 p.m. 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.

Do you know any Clifton Park students in grades 7 - 12? Are they looking to give back to the community? Are they looking for volunteer service hours? Interested in the Criminal Justice System? In its 5th year of operation, **Clifton Park Youth Court** has been a successful opportunity for Shenendehowa students, Grades 7 – 12, to participate in the criminal justice system. Experts from around Saratoga County will train students on how to perform Courtroom roles such as Prosecutor, Defender, Judge, Clerk, Foreman, Victim Advocate and Jury member. Once trained, Youth Court Members and Jurors conduct hearings that focus on a rehabilitative, early intervention and peer to peer approach to mitigate future delinquent behavior in first time youthful offenders. For more information or to obtain an application, please visit cliftonpark.org. Applications are being accepted through October.

Nick's Fight to be Healed Foundation (NFTBHF) is proud to announce its **9th Annual Nick's Run to be Healed 5K on Sunday, September 30, 2018 at the Clifton Commons in Clifton Park**. Feel free to run, walk, enjoy the carnival, and meet some amazing people. All the money raised stays local. Registration begins at 10:00 am. For more information, visit: www.fighttobehealed.org

SERVICE PROJECT

You asked for it.....

**Join us for a POT LUCK Luncheon & the Shenendehowa Quilt Project
Tuesday, September 11 – 12:45 pm**

In remembrance of those that lost their lives on 9/11, join us for a nice meal with fellow members. Please also join us with a project to help those in need.

Clifton Park resident Ann Schwanda will lead us. We will draw simple pictures on white material which will be later transformed into beautiful quilts. These quilts will be displayed here at the center and later donated to children in financial or emotional need in the Capital Region.

No artistic ability necessary.

Members only. Be sure to sign up in advance at the front desk and let us know what you'll be bringing to share. Choose a main course, side dish or dessert. This is your chance to have fun, be creative and share a meal with fellow members.



UPCOMING SERVICE PROJECTS

*** No Experience Necessary ***

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 also need your Leftover Halloween Candy before 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 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.

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



BASIC COMPUTER SKILLS

With Bob Stromberg
10:00 am – 12:00 pm

(no charge but advanced sign up required)

Monday, September 17: Buying a computer or tablet or cell phone, with a bit of info on cell phones

Monday, September 24: Working with digital photos

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



SPEED FRIENDING - POT LUCK

Tuesday, September 18th
1:00 - 3:00 pm

Join us for an afternoon of fun & making new friends. Sign up at the front desk and let us know what you'll bring to share: Main Course, Side Dish, Dessert? We will set up card tables and everyone will be randomly assigned to a table for their meal. This event is to meet new people. Everyone is encouraged to mingle with others as well. **Members Only - Space is limited. Sign up today!!**

SPEED FRIENDING One-on-One

Tuesday, September 25th
1:00 - 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 is run like speed dating, rotating table to table, one-on-one until you've met everyone. This is a fun way to form new friendships. Icebreaker questions will be included. Feel free to come solo or in a group. **Members only.**

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.

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, September 7th.**



Memories to Memoirs FORMAL WORKSHOP

Instructors Claudia Hough & Bob Miner will provide a formal Memories to Memoirs 5-week workshop on Wednesdays from 10:00am to 12:00pm, on the following dates:

September 12th, 19th, 26th
October 3rd, 10th

This workshop is open to adults and seniors who are interested in writing down their stories for future generations. All levels of ability are welcome. Writing exercises are fun and engaging and most of all, from your personal perspective. Stories submitted at the end of the workshop are bound into a booklet and added to the Clifton Park-Halfmoon Library's book collection and can be checked out.

Cost is **FREE** (Sponsored by the Clifton Park Halfmoon Public Library). Please register at the Front Desk.

LET'S MOVE - Programs for First Time Participants

Discounted "Let's Move" Programs at the Center *Advanced Sign up Required. Space is Limited.*

Beginner CLOGGING: Mondays at 1:00 pm (9/10, 9/17, 9/24, 10/1)

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. The basic steps are reviewed each week. For the first while, it is recommended that you wear shoes with a smooth bottom, preferably leather-soled. Try not to wear running shoes.

Instructed by Fran Beaudoin.

\$28.00 for 4-week session

\$14.00 Introductory rate for 1st time participants for 4-week session

Gentle Yoga, Healing Journey Inward: Tuesdays from 11:15 am – 12:30 pm

(8/28, 9/4, 9/11, 9/18, 9/25)

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

Instructed by Rita Ajmera.

\$35.00 for 5-week session

Free class on 8/28 for 1st time participants (Advanced sign up required. Space is limited.)

Tai Chi: Tuesdays at 10:00 am - 11:00 am (9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23)

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 & a calm state of mind.

Instructed by Bonnie Furlong, RN

\$49.00 for 7-week session

Free class on 9/11 for 1st time participants (Advanced sign up required. Space is limited.)

JAZZ DANCE: Mondays - 10:00 am - 10:45 am (9/17, 9/24, 10/1, 10/15, 10/22, 10/29)

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.

Instructed by former Rockette, Janet Murphy

\$24.00 for 6-week session

\$12.00 Introductory rate for 1st time participants for 6-week session

TAP: Mondays - 9:00 am - 10:00 am (9/17, 9/24, 10/1, 10/15, 10/22, 10/29)

Instructor Janet Murphy, former Rockette, 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

Instructed by former Rockette, Janet Murphy

\$30 for 6-week session

\$15.00 Introductory rate for 1st time participants for 6-week session

BALLET: Fridays - 10:00 am - 10:45 am (9/21, 9/28, 10/5, 10/12, 10/19, 10/26)

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.

Instructed by former Rockette, Janet Murphy

\$24.00 for 6-week session

\$12.00 Introductory rate for 1st time participants for 6-week session

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



MVP Zumba Gold®

A fun, friendly workout anyone can do (including beginners) that combines fast and slow Latin rhythms to get your heart pumping. It also tones and sculpts the body while strengthening your core. 5-week session as follows:

TUESDAYS from 1:00 pm - 1:45 pm:
9/18, 9/25, 10/2, 10/9, 10/16

MVP Bokwa®

MVP Bokwa is dance, fitness and fun!

This energizing cardio routine uses the shape of alphabet letters and numbers for dance steps. It is also good for keeping your brain healthy and sharp. Bokwa is an easy fitness program for all ages!

TUESDAYS from 1:00 pm - 1:45 pm:
10/30, 11/6, 11/13, 11/20, 11/27, 12/4

This MVP Living Well Program is Open to All and Free, compliments of MVP Health Care

Space is limited. Please register at the front desk or call the Center at (518) 383-1343

Seton Health "Seniorcize"

Thursdays from 11:00am - 12:00pm

*October 11th through December 20th
October 4th - Required Screening for new participants.*

*Doctors note required to participate.
Space is limited.*

Please register at the front desk

Latin Line Dancing

September Session will be held on:
FRIDAYS from 1:00 pm - 2:00 pm:
9/14, 9/21 & 9/28
\$10/month



Try our fun **Latin Line dancing** classes with sizzling hot Latino Beats and Rhythms — Cumbia, **Salsa**, Rumba & more.

Please wear smooth bottom shoes for dancing & turning.
Led by Ray Nunez
Space is limited.

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 of:

Heart and Soul Dancers of Ballston Spa

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



Instructed by Bonnie Furlong, RN

ENTERTAINMENT & THE ARTS

The Greg Nazarian Big Band

7:00pm

Saturday, September 8th

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

Open to the Public



LIVE ENTERTAINMENT, DANCING,
and KARAOKE with Brian Zapel!

7:00 pm

Sunday, September 30th

\$5 per person at the door

Open to the Public

Center Gallery @ the Common

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

Rebecca Jenkins

Rebecca has an A.A.A. degree in photography from Sage College. "My artwork reflects my views as I travel locally and abroad. I enjoy discovering new places and seeking out novel and sometimes unusual subjects. My work has evolved over the years to include my current interest in close-up photography "on land" and both above and below water. I like to challenge myself to approach a subject and frame it within the camera lens in a manner that makes this subject still identifiable yet gives a unique perspective. To further challenge myself, I have recently focused on photographing sea life while snorkeling. Photography gives me an outlet for my creativity in a manner that I love to share with viewers."

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. Visit their website at: www.southernsaratogaartist.com

RED HAT MAMAS

Wednesday, September 12th, 12:00 pm

Ravenswood, 1029 Route 146, 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, September 15th at 12:30pm

The Singles Lunch Bunch (now in our 13th year) will meet at **Bentley's Restaurant**, 4 Hemphill Place, Parade Ground Village, Malta (off Exit 12 off of Northway). 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 to Sandy Nolin at 518-399-5812 or sandra4shen@aol.com.

We look forward to meeting you there...



KINGSWAY
HOME CARE
SERVICE



Kingsway Community
Home Care Service

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

Benefits to Membership

Make New Friends * Have fun! * Monthly Newsletter * Free DVD Rentals

Sign up for dinners & trips first: lower pricing for members

Free coffee and treats to bring home (one per day per member when you check in)

LET'S GET CREATIVE - Advanced Sign up Required for these programs:

CRAFT CONNECTION with Rosemarie

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

**Wednesdays at 10:00 am on:
September 5th: Bracelet
September 19th: Pine Cone Door Hanger**



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.

Beading Buddies

Led by instructor Judy Polnak, participants practice the art of beading and share tips and ideas with one another. On **Friday, September 21st**, the group will be making key chains!

No experience necessary! All supplies are included. Please see sample at front desk.

Beading Buddies Group meets every other Friday, from 12:30 pm - 2:00 pm

Adult Coloring, Coffee & Conversation

**Mondays from 10:30 am - 12noon
September 17th, October 1st, October 15th**

Join fellow members of the center for an afternoon of adult coloring and conversation! Adult Coloring is said to be able to lift the mood, reduce anxiety and relieve stress, no matter a person's age. In addition to relaxation, the health benefits include exercising fine motor skills and training the brain to focus, as well as stimulating the senses and creativity. Coloring sheets and colored pencils will be provided, but participants may bring their own coloring supplies if they wish.



No prior experience is necessary.

Watercolors with Mary Fekete

**Thursdays at 10:00 am on:
September 27,
October 11, October 25, November 8**

\$20.00 for 4-week Session
Supply List Available.
Advanced Sign up Required

Join the Clifton Park Woodcarvers Club

Group meets every Friday from 10:00 am - 12noon

The Clifton Park Woodcarvers Club invites you to join them each week on Friday morning at 10:30 a.m. We are an active group of women and men who are engaged in all types of woodworking. No dues are collected. All you need is an interest in taking up woodcarving and socializing with a group of people who get so much out of what they do. Our skills can be taken out into the community to participate in other events. Most of all, no skill or prior experience necessary. The club has many members with a lot of experience in carving to help you pick up a knife and have the time of your life in the art of woodcarving. Think of it as saving a piece of a tree for a lifetime. Come and see what we're doing. Join us for a cup of coffee. See the pleasure each of us gets from carving. Think of carving a teddy bear for a grandchild or a wood sculpture for a special person. If you have the time, we will share our time to help you on your way.

LET'S TALK, LET'S PLAY & LET'S MOVE



Sign up for lunch in advance
or bring a lunch
We'll serve dessert!

*Preregistration for this informational meeting is required at the front desk. You must also **sign up with the kitchen** by noon the day before in order to enjoy the Congregate Lunch with Saratoga County Office for the Aging . Lunch is served promptly at 12noon. You may also bring your own lunch and enjoy it during the presentation.
We will serve dessert to all that attend*

The Lunch & Learn presentation will follow promptly at 12:30pm.

“Let’s Talk About it Now”

Presented by: Kathleen A. Lowes Sanvidge,
Townley & Wheeler Funeral Home

**Wednesday, September 19th
12:30 pm**

Kathleen A. Lowes Sanvidge is a licensed funeral director and owner of Townley & Wheeler Funeral Home, 21 Midline Road in Ballston Lake. For more than 25 years, she has cared for families and their loved ones as they go through one of life’s most difficult and painful journeys.

Kathleen’s experience has taught her the importance of planning your final arrangements in advance. She will talk about the different options available, and she will provide valuable information about the financial choices available to you.

People who have their affairs in order feel empowered and relieved that they have lifted considerable burden from their loved ones’ shoulders. They have the comfort of knowing their final wishes will be honored and they can feel good about making decisions without the pressure of emotions and time constraints.

We hope you will join us and be ready to have all your questions answered. We look forward to seeing you here.

**Membership Not Required.
Feel free to bring a friend or Family Member!**

Learn to Play - Mexican Train on Tuesdays from 1:00 pm - 4:00 pm, September 11th, 18th, 25th. Mexican Train is a fun, social dominoes game. The object of the game is for a player to play all their dominoes on their train or any open/community train. Each game lasts approximately three hours. Time is dependent on how fast the players play. 4 players to a game.

Learn to Play - Asian Mah-Jongg on Fridays from 10:00 am – 12 pm, September 7th, 14th, 21st & 28th.

Learn to Play - Beginner Bridge on Mondays from 2:00 pm - 4:00 pm, September 10th, 17th & 24th. Space is limited. Maximum of 12 people.

Beginner Bridge - Learn the Basics - Instructional Class on Wednesdays from 10:00 am - 11:30am, September 19th & 26th. Space is limited. Maximum of 12 people.

Explore Clifton Park’s Great Outdoors: 1st FRIDAY HIKES

Join the Town of Clifton Park Open Space, Trails & Riverfront Committee on one or more of their “working, stewardship hikes” in 2018-19! Participants will help evaluate site conditions/needs at these town preserves and parks with the Open Space Coordinator, and learn a little human & natural history along the way!

All hikes are on Fridays, and start at 1 pm and may last up to 2 hours. Please arrive 10 minutes prior to start time:

Sept 7th:

Garnsey Park. Review updated Trail Markings. Meet at NYS Route 146 entrance.

Oct 5th:

Veterans Memorial Park & Mooney Carrese Forest. Meet at Pavilion.

Please wear appropriate footwear and gear. Please kindly RSVP by calling (518) 371-6054 or email: jenniferv@cliftonpark.org.

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
Tap (Int. II) 9-10 am Jazz 10-10:45 am Chair Yoga 10-11:00 am Bocce* 10 am - 11:30 am Basic Computer Class* 10-12 noon Discussion Group* 10:30-12 pm (2nd, 4th Mon) Congregate Lunch 12 pm Clogging 12-1:30 pm Soul Line Dancing 1-2 pm Quilting Group* 1-3 pm BUNCO (Dice) 1-3 pm (every other week) Learn to Play: Beginner Bridge* 2-4 pm Osteo-Exercise* 2:30-3:30 pm	Exercise to Tapes* 8:45-9:45 am Pool & Billiards* 9-12 pm Pinochle* 9:15-11:30 am Duplicate Bridge Lesson 10-11:00 am Tai Chi 10-11:00 am Learn to Play: Left-Center-Right (Dice)* 10-12 pm (every other week) Learn to Play: Dice 3000* 10-12 pm (every other week) Gentle Healing Yoga 11:15 - 12:30 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* 10-12 pm Beginner Bridge* (Learn the Basics - Instructional Class) 10-11:30 am Social Bridge* 10-12 pm Craft Class (2x/month) 10-12 pm Congregate Lunch 12 pm Learn to Play: Hand and Foot (Cards)* 1-3 pm (weekly) Poker* 1-3 pm Crocheting & Knitting* 1-3 pm Osteo-Exercise* 2:30-3:30 pm	Senior Golf League (5/3 - 9/27) 8:00 am Exercise to Tapes* 8:45-9:45 am Pool & Billiards* 9-12 pm Yoga 10-11:00 am Chorus* 10:00-11:30 am Legal Assistance* by appt. 10-12 pm (3rd Thurs.) Watercolors & Sketching 10-12:30 pm Seton Health "Seniorcize"* 11-12 pm (Seasonal) Duplicate Bridge 12:00-4 pm Congregate Lunch 12 pm Pinochle* 12:30-3 pm American Mahjong* 12:30-4 pm BUNCO (Dice) 1-3 pm (every other week)	Orchestra* 9-10:55 am Tap Advanced 9-10 am Woodcarving* 9-12noon Ballet 10-10:45 am Dominoes* 10-11:30 am Learn to Play: Asian Mahjong* 10-12 noon Big Band* 10:55-12:20 pm Diabetes Workshop* 11am-12 pm (1x a Month) Movie Day* 12:30 pm (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.*

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?

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Witecki Law Office

8 S. Church Street
Schenectady, NY 12305

518.372.2827



Glenn J. Witecki, Esq.



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- ❖ Wealth Preservation
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- ❖ Probate Administration
- ❖ Elder Law
- ❖ Medicaid Applications
- ❖ Nursing Home Planning
- ❖ Guardianships
- ❖ Real Estate

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

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Monday through Friday the rest of the year.

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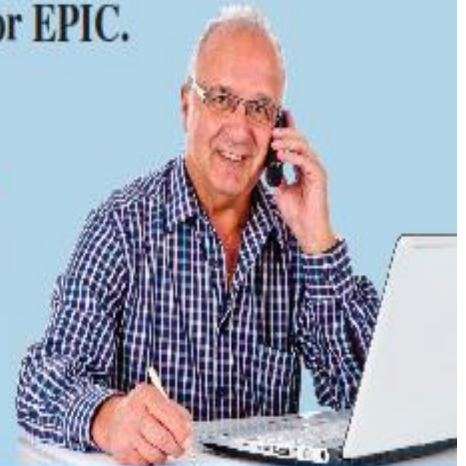
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- Do you qualify for EPIC through New York State or qualify for extra help from Medicare?
- Is your insurance agent working for you?

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-September 2018 CONGREGATE & HOME DELIVERED MEALS 363-4020

Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED	4	5	6 CLOSED	7
	Chicken w/Spinach & Feta Cheese Sauce Buttered Pasta Sonoma Blend Vegetables Pears	Swiss Steak Oven Browned Potatoes Beets Mandarin Oranges	 SENIOR PICNIC	Tuna Salad Cold Plate Macaroni Salad Marinated Vegetable Salad Peaches
10	11	12	13	14
Chicken Cacciatore Pasta w/Sauce Wax Beans Yogurt	Seafood Newburg over Rice Carrots Dinner Roll Mandarin Oranges	Pasta w/Meatballs Green Beans Parmesan Cheese Chocolate Pudding w/ Whipped Topping	Roast Beef w/Gravy Mashed Potatoes Peas Plum Fruit	Turkey Salad on Sandwich Roll Pasta Salad Tomato & Cucumber Salad Fruit Cocktail
17	18	19	20	21
Pork Loin w/Fiesta Sauce Red Bliss Potatoes Mixed Vegetables Pears	Honey Baked Chicken Brown Rice Broccoli Dinner Roll Peaches	Breaded Fish Macaroni & Cheese Stewed Tomatoes Tartar sauce Yogurt	Meatloaf w/Gravy Mashed Potatoes Spinach Orange Whip	Chicken Salad Cold Plate Potato Salad Carrot Raisin Salad Dinner Roll Banana
24	25	26 Fall Harvest	27	28
Rosemary Garlic Lemon Chicken over Rice Brussels Sprouts Warm Peach Crisp	Baked Fish w/Creamy Dill Sauce Brown Rice Vegetable Trio Apricot Whip	Special Roast Pork w/ Apple Glaze Bacon Mashed Potatoes Spiced Butternut Squash Dinner Roll Maple Frosted Cake 	Chicken Piccata Roasted Cubed Potatoes Mixed Vegetables Fresh Orange	Egg Salad on Wheat Marinated Green Beans Beet & Onion Salad Fruit Jell O w/ Whipped Topping



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 - 11:30 am (weekly)

BUNCO (Dice) 10 - 12:00 pm 9/10, 9/24 - Learn to Play

Beginner Bridge 2 - 4:00 pm 9/10, 9/17, 9/24 - Learn to Play



TUESDAY

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

Pinochle 9:15 - 11:30 am (weekly)

Dice 3000 10 - 12:00 pm - 9/11, 9/25 - Learn to Play

Left – Center – Right (Dice) 10 - 12:00 pm - 9/4, 9/18 - Learn to Play

Mexican Train 1 - 4:00 pm - 9/11, 9/18, 9/25 - Learn to Play

Scrabble 1 - 3:00 pm (weekly)



WEDNESDAY

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

Beginner Bridge (Learn the Basics - Instructional Class) 10 - 11:30am - 9/19, 9/26

Bocce 10 - 11:30 am (weekly)

Rummikub 10 - 12:00 pm (weekly)

Hand & Foot (Cards) 1:00 - 3:00 pm (weekly) Learn to Play

Poker 1 - 3:00 pm (weekly)



THURSDAY

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

American Mahjong 12:30 - 4:00 pm (weekly)

Pinochle 12:30 - 3:00 pm (weekly)

BUNCO (Dice) 1 - 3:00 pm - 9/6, 9/20 - Learn to Play



FRIDAY

Dominoes 10 - 11:30 am (weekly)

Asian Mahjong 10 - 12 noon - 9/7, 9/14, 9/21, 9/28 - Learn to Play

BINGO 12:30 pm - Every Friday except the First Friday of the Month - 9/14, 9/21, 9/28

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

Movie Day (Indian Summer - Comedy - 97 minutes) 12:30 pm - Bring your lunch - We'll serve popcorn -
First Friday of Month - 9/7



TRIPS

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

Oktober Feszt/Fall Foliage at Gavin's Irish Country Inn

Tuesday, October 23

8:30 am Departure – 5:30 pm Return

Our journey begins a Guided Scenic Tour of the Catskills – gorgeous views of the Durham Valley with photo stops along the way. Drive by 200+ year old farms, new farms & upcoming Windham area homes. Shop at the famous Catskill Mountain Country Store with Cider Donuts, Fudge, Tasting Tables & shopping to enjoy. At noon we'll enjoy a Luncheon at Gavin's Irish Country Inn.

Choice of Wiener schnitzel or Baked Salmon, Sauerkraut & Red Cabbage, German Potato Salad, Apple Pie a la mode, Coffee & Tea.

1-2:30 pm Enjoy Live German Music

2:30-3:30 Shopping in the Local Village

\$58 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

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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.

\$95 members / \$105 non-members

WAIT LIST ONLY: Spirit of Ethan Allen Luncheon Cruise. Shopping on Church St., Burlington VT & Ben & Jerrys Tour. Thursday, September 13, 2018 - 7:45 am Departure – 7:30 pm Return
\$62 Members/ \$68 Non-Members

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**

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DONOVAN



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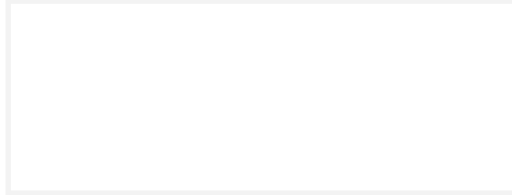
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Town Attorney Tom McCarthy	371-6651
Assessor Walter Smead	371-6460
Building & Development Director Steve Myers	371-6702
Building & Grounds Director Dan Clemens	371-6651
Town Clerk Pat O'Donnell	371-6681
Town Court - 5 Municipal Plaza	371-6668
Town 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
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.