



Clifton Park Senior Community Center

Monthly Newsletter

October 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

COLUMBUS DAY:
MONDAY, 10/8

THANKSGIVING DAY:
THURSDAY, 11/22

DAY AFTER
THANKSGIVING:
FRIDAY, 11/23



October Dinner Featuring DEETS Catering

Menu: Honey Glazed Ham * Mashed Potatoes with Butter * Applesauce*
Mixed Vegetables sauteed in Olive Oil * Garden Salad with House Dressing * Fresh Dinner Rolls with Butter*
Dessert Brownie with Whipped Cream

THURSDAY, OCTOBER 18 | 5:30 PM
Clifton Park Senior Community Center
\$10 Members / \$12 Non Members



Please sign up at front desk.



*Space is Limited.
Advanced Sign up Required.*

Sponsored by:



News & Events



Monday, October 1st	10:00 am	Basic Computer Skills - October Session Begins
Monday, October 1st	10:30 am	Adult Coloring, Coffee and Conversation (1st & 3rd Mondays)
Monday, October 1st	1:00 pm	Soul Line Dancing - October Session Begins
Tuesday, October 2nd	11:15 am	Gentle Yoga, Healing Journey Inward - New Session Begins
Friday, October 5th	11:00 am	Diabetes Support Group
Sunday, October 7th	1:00 pm	Fall Basket Party
Wednesday, October 10th	1:00 pm	Service Project Begins (5 weeks): Soldier Stockings - Operation Adopt A Soldier
Thursday, October 11th	11:00 am	Seton Health Seniorcize begins (10/4 required registration for new participants)
Friday, October 12th	1:00 pm	Latin Line Dancing - October Session Begins
Monday, October 15th	11:00 am	All about Angels
Monday, October 15th	11:00 am - 2:00 pm	Rite Aid Flu Clinic
Tuesday, October 16th	1:00 pm	Speed Friending - Pot Luck Luncheon
Tuesday, October 16th	2:30 pm	Empire Blue Cross - Presentation on 2019 Medicare Advantage Plans
Wednesday, October 17th	10:00 am	Craft Connection with Rosemarie - twice a month
Wednesday, October 17th	2:00 pm	MVP HealthCare - Presentation on 2019 Medicare Advantage Plans
Thursday, October 18th	5:30 pm	Dinner: Provided by Deets Catering (sponsored by MVP Healthcare)
Friday, October 19th	1:00 pm	Orchestra Concert
Monday, October 22nd	12:30 pm	Wellcare and Today's Options - Presentation on 2019 Medicare Advantage Plans
Tuesday, October 23rd	8:30 am Departure	TRIP: Oktober Fest/Fall Foliage at Gavin's Irish Country Inn
Monday, October 29th	10:00 am	Chair Yoga - New Fall II Session Begins
Monday, October 29th	10:00 am	CDPHP - Presentation on 2019 Medicare Advantage Plans
Monday, October 29th	12:00 pm	Clogging Intermediate - New Session Begins
Monday, October 29th	1:00 pm	Clogging for Beginners - New Session Begins
Tuesday, October 30th	10:00 am	Tai Chi - New Fall II Session Begins
Tuesday, October 30th	1:00 pm	MVP Bokwa 6-week session begins (wait list only)
Tuesday, October 30th	1:00 pm	Speed Friending One-on-One
Tuesday, October 30th	2:30 pm	AETNA - Presentation on 2019 Medicare Advantage Plans
Friday, November 2nd	1:00 pm	Swing Band Concert
Thursday, November 29th	7:45 am Departure	TRIP: The Beeches, Rome NY

Basket Party Donations are Still Being Accepted!

We are still accepting gift basket donations for the Fall Basket Party event on Sunday, October 7th. 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. Thank you!



Thank you to **CDPHP** for sponsoring our September BBQ featuring a delicious meal from PJ's BAR-B-QSA. DJ Ernie Apisa from Tri-City Illusion provided the wonderful entertainment. We would also like to thank our Center volunteers for your assistance with set-up, serving and clean-up!



Ernie Apisa
TRI-CITY ILLUSIONS
Professional DJ Service
(518)496-3764
preston8dad@gmail.com

The Fall Basket Party tickets can be purchased in advance at the Clifton Park Senior Community Center or purchased the day of the event. Tickets are \$8 and include 25 free auction tickets, sandwiches, and dessert. This is a fun afternoon, and we hope to see you there! This event is open to the public.

Fall Basket Party

**Sunday, October 7th
at 1:00 pm**

**Clifton Park Senior Community Center
6 Clifton Common Court, Clifton Park
Open to the Public**

*For more information, please contact
the Clifton Park Senior Community
Center at (518) 383-1343.*



SERVICE PROJECT

* No Experience Necessary *

Soldier Stockings – Operation Adopt A Soldier

Wednesdays at 1:00 pm - October 10, 17, 24, 31, November 7

We 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 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.

We need: 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, Oct 1st: Editing photos (cropping, straightening, restoration of old photos)

Monday, Oct 15th: Assessing online information sources (how do you know whom to trust)

Monday, Oct 22nd: Backing up your data and your device (manual backup to external devices, and using cloud backup services)

Monday, Oct 29th: Video phone calls (Facetime, Skype, Facebook Messenger and others)

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, October 16th

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, October 30th

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 - Space is limited. Sign up today!!

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

Soul Line Dancing

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

10/1, 10/15, 10/22, 10/29

\$10/month

Instructed by Mary & Frank Colby

Space is limited.

Latin Line Dancing

September Session will be held on:
FRIDAYS from 1:00 pm - 2:00 pm:

10/12, 10/19, 10/26

\$10/month

Instructed by Ray Nunez & Mark Nunez

Space is limited.

Gentle Yoga, Healing Journey Inward: *Tuesdays from 11:15 - 12:30 pm on 10/2, 10/9, 10/16, 10/23, 10/30* - \$35.00 for 5-week session - Instructed by Rita Ajmera

Chair Yoga: *Mondays from 10:00 - 11:00 am on 10/29, 11/5, 11/12 (no class), 11/26, 12/3, 12/10, 12/17* \$42.00 for 6-week session - Instructed by Bonnie Furlong, RN

Clogging (Beginner): *Mondays from 1:00 - 2:00 pm on 10/29, 11/5, 11/12 (no class), 11/19, 11/26, 12/3, 12/10* - \$42.00 for 6-week session - Instructed by Fran Beaudoin

Clogging (Intermediate): *Mondays from 12:00 - 1:00 pm on 10/29, 11/5, 11/12 (no class), 11/19, 11/26, 12/3, 12/10* - \$42.00 for 6-week session - Instructed by Fran Beaudoin

Tai Chi: *Tuesdays from 10:00 am - 11:00 am on 10/30, 11/6, 11/13, 11/20 (no class), 11/27, 12/4, 12/11, 12/18* - \$49.00 for 7-week session - Instructed by Bonnie Furlong, RN

Explore Clifton Park's Great Outdoors: 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:

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.

SEEKING TAX ASSISTANCE VOLUNTEERS

TaxAide, the free income tax assistance program sponsored by the AARP Foundation and the IRS, is seeking volunteers for the coming tax season. **TaxAide** volunteers answer questions, prepare and file returns for low to moderate income taxpayers and seniors from February 1 to April 15 at various sites in the Capital District.

Volunteers typically participate one day per week, with flexible schedules to accommodate volunteer availability. No experience is required, but computer experience is helpful for tax counseling. Volunteers who do not wish to prepare returns are also needed to greet taxpayers, review documents, confirm appointments by phone, or assist with computer hardware/software matters. Training is provided for all positions. Volunteers may be reimbursed for a moderate level of necessary travel expenses.

For more information on how you can join our team in Saratoga, Warren and Washington counties contact Communication Coordinator Gail Carroll, 518-541-3173 at gcarrollaarp@gmail.com



ENTERTAINMENT & THE ARTS



CPSCC CONCERTS:

Orchestra on the Common

Friday, October 19th
1:00 pm - 2:00 pm

Swing Band

Friday, November 2nd
1:00 pm - 2:00 pm

The Greg Nazarian Big Band

7:00pm

Saturday, October 13th

\$10 per person, \$5 for members.
Open to the Public

LIVE ENTERTAINMENT, DANCING, **and KARAOKE with Brian Zapel!**

7:00 pm

Sunday, October 28th

\$5 per person at the door
Open to the Public

The Autumn Jewels Art Show

The Southern Saratoga Art Society (SSAS) will have their annual Autumn Jewels Art Show at the Senior Center from Oct. 1 to Nov 1.

The Autumn Jewels Art Show is a juried art exhibition of watercolors, acrylics, pastels, oils, mixed media, photography and 2-dimensional framed artwork. Prizes of \$100, \$50, \$25 and honorable mention ribbons are to be awarded at the public reception on **Oct 22 at 6:30pm**. Separate prizes will be awarded for photography. Come and see what your local artist have created. We have so many talented artists to amaze and delight you.

For more information, please contact:

Show Chairperson Richard Kitchen at rkfineart@gmail.com
or 925-858-1367.



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

RED HAT MAMAS

Wednesday, October 10th, 12:00 pm

Lake Ridge Restaurant, 35 Burlington Ave., Round Lake
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, October 20th at 12:30pm

The Singles Lunch Bunch will meet at **The Ripe Tomato**, Corner of Route 9 & 9P, Ballston Spa. 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.

ALL ABOUT ANGELS

With Marci Ross,
Angel-Guided Medium and Spiritual Intuitive
Monday, October 15, 2018
11:00 am to 12:30 pm
(No charge, but advanced sign-up required)

Angels project the light of the Divine and the energy of unconditional love. Once we are open to them, we can feel their presence around us all the time. Those who regularly seek help from the Divine report great improvement in their lives. Angels work on any path you are on, so you don't need to change your values or beliefs to work with them.

Some Topics We Will Cover: The Angelic Realm; Connecting With Your Angels; Signs From The Angels; Earth Angels; Receiving Messages From Your Angels.

For entertainment purposes only.

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

CRAFT CONNECTION with Rosemarie

Wednesdays at 10:00 am on:
October 17th: Boo Boo Bunny with Judy
October 31st: Snowman Lotion



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.

Adult Coloring, Coffee & Conversation

Mondays from 10:30 am – 12noon
October 1st, October 15th

Join fellow members of the center for an afternoon of adult coloring and conversation! Coloring sheets and colored pencils will be provided, but participants may bring their own coloring supplies if they wish. No prior experience is necessary.

Join the Clifton Park Woodcarvers Club

Group meets every Friday from 9:00 am - 12noon

The Clifton Park Woodcarvers Club invites you to join them each week on Friday morning at 9:00 am. 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.



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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.

HEALTH & WELLNESS

Health Carrier will be at the Clifton Park Senior Community Center to present on their **MEDICARE ADVANTAGE PLANS FOR 2019,** AS FOLLOWS:

Empire BlueCross

Presented by Sonya Chandler, Insurance Broker
TUESDAY, October 16th
2:30 - 4:30 pm

MVP HealthCare

Presented by Sheila Rivera, MVP Healthcare
WEDNESDAY, October 17th
2:00 - 4:00 pm

Wellcare and Today's Options

Presented by Kyle O'Brien, H&L Insurance
MONDAY, October 22nd
12:30 - 2:00 pm

CDPHP

Presented by MJ Murray, CDPHP
MONDAY, October 29th
10:00 - 12:00 pm

AETNA

Presented by Sonya Chandler, Insurance Broker
TUESDAY, October 30th
2:30 - 4:30 pm

Would you be interested in attending a monthly **Macular Degeneration Support Group?**

The Macular Degeneration Support group would provide support to each other in many ways. They discuss the problems that they face and then explore solutions. They socialize with each other. They learn about the most current and useful independent living aids available. A sighted volunteer, who is a senior and Center member, creatively and energetically leads the group.

Please sign up at the front desk if you are interested. If we have enough interest in the group, we would like to set up meetings on the 1st Friday of the month at 10:00am. You will be contacted once dates are confirmed.

Rite Aid Flu Shot Clinic

MONDAY, October 15th
11:00 am - 2:00 pm

By appointment only

Must sign up at Front Desk

Please remember to bring your Pharmacy/ Medical Insurance/ Medicare Cards with you. Completion of a short Questionnaire/Consent Form (form available at the front desk) will be required at time of appointment.

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, October 5th.** The YMCA will be discussing exercise..

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- Blood Glucose Monitoring
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WILTON
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Wilton, NY
(518) 580-0702

homeofthegoodshepherd.com

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 Adult Coloring* 10:30-12 pm (1st, 3rd Mon) 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 Beginner Bridge* 1:30 -3:30 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 Dice: LCR or Dice 3000* 10-12 pm (every week) Gentle Healing Yoga 11:15 - 12:30 pm Duplicate Bridge 11:30-3:30 pm Congregate Lunch 12 pm MVP Zumba/Bokwa* 1-2 pm (Seasonal) Scrabble* 1-3 pm Mexican Train* 1-4 pm	Exercise to Tapes* 8:45-9:45 am Senior Investment Club 9:30-11:30 am (2nd Wed.) TOPS 10-11:30 am Beginner Bridge* (Learn the Basics - Instructional Class) 10-11:30 am Memories to Memoirs* 10-12 pm Social Bridge* 10-12 pm Craft Class (2x/month) 10-12 pm Congregate Lunch 12 pm 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 (1st Thursday of month)	Orchestra* 9-10:55 am Tap Advanced 9-10 am Woodcarving* 9-12noon Ballet 10-10:45 am Dominoes* 10-11:30 am 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 (see game page) Congregate Lunch 12 pm Jewelry Making* 12:30 - 2:00 pm (every other) Scrabble* 12:30-2:30 pm Latin Line Dancing 1-2 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?

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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- ❖ Asset Protection
- ❖ Wealth Preservation
- ❖ Wills & Trusts
- ❖ Probate Administration
- ❖ Elder Law
- ❖ Medicaid Applications
- ❖ Nursing Home Planning
- ❖ Guardianships
- ❖ Real Estate

“Strategic Planning for the Future”

Call us today for an appointment.

or

Contact the Clifton Park Senior Community Center
for a free consultation every 3rd Thursday of the month.

Home visits available upon request

WiteckiLaw.com



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senior living
residences
stand alone.

Kingsway
stands out.



Kingsway Community

Unlike "stand alone" senior living residences that provide only one level of care, Kingsway Community offers a dedicated continuum of care—from beautiful independent living apartments to quality, skilled nursing care.

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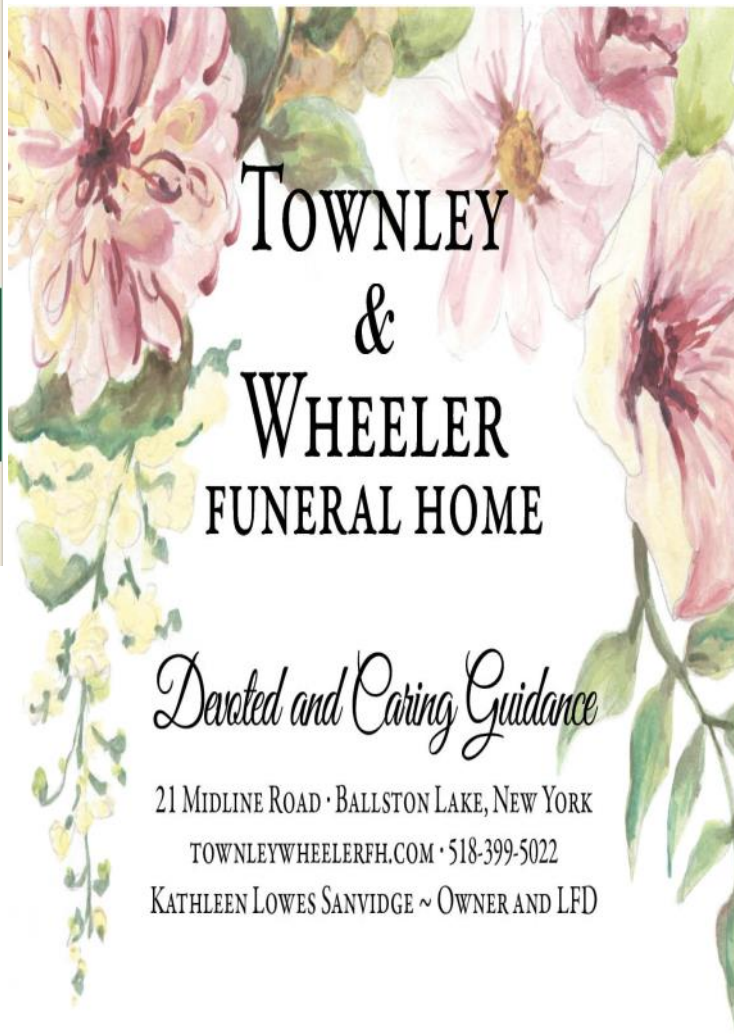
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Are you paying too much for your healthcare coverage?

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

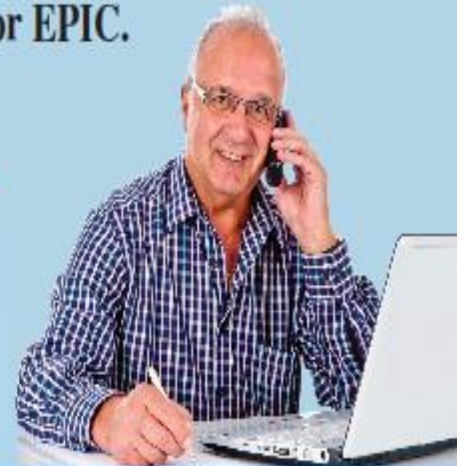
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**Michael O'Brien, President
H&L Insurance**

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to learn about Medicare.

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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-October 2018 CONGREGATE & HOME DELIVERED MEALS 363-4020

Monday	Tuesday	Wednesday	Thursday	Friday
1 Baked Fish w/Creamy Dijon Sauce over Brown Rice Sonoma Vegetables Warm Berry Crisp	2 Chicken Alfredo Pasta Peas Pears	3 Meatball Sub Yellow Squash Cauliflower Fruit Cocktail	4 Sausage Patty w/Peppers & Onions on Roll Red Bliss Potatoes Carrots Peaches	5 Ham Salad Cold Plate Sweet Potato Salad Coleslaw Pineapple
8 CLOSED 	9 Chop Steak Parmesan Pasta Zucchini & Yellow Squash Chocolate Chip Cookies	10 BBQ Pork Chop Mashed Potatoes Vegetable Trio Apple Crisp	11 Oven Fried Chicken w/Gravy Sweet Potatoes Green Beans Tropical Fruit	12 Seafood Salad Cold Plate Cornbread Pea Salad Fresh Orange
15 Smothered Steak A La King Oven Browned Potatoes Beets Mandarin Oranges	16 Roast Pork w/Gravy Stuffing Spinach Pineapple	17 Chicken w/Spinach & Feta Cheese sauce Buttered Pasta Sonoma Blend Vegetables Pears	18 Spanish Beef & Rice Casserole Carrots Garlic Cornbread Fruit Jell O w/Whipped Topping	19 Tuna Salad on Wheat Marinated Green Beans Coleslaw Peaches
22 Chicken Cacciatore Pasta w/Sauce Wax Beans Yogurt	23 Seafood Newburg over Rice Carrots Dinner Roll Mandarin Oranges	24 Macaroni & Cheese Stewed Tomatoes Brussels Sprouts Plum Fruit	25 Meatloaf w/Gravy Mashed Potatoes Broccoli Chocolate Pudding w/Whipped Topping	26 Turkey Salad on Sandwich Roll Pasta Salad Tomato & Cucumber Salad Fruit Cocktail
29 Pork Loin w/Fiesta Sauce Red Bliss Potatoes Mixed Vegetables Pears	30 Honey Baked Chicken Brown Rice Vegetable Trio Dinner Roll Peaches	31 Halloween Special Beef Stew Warm Biscuit Butternut Squash Chocolate Cake w/Orange Colored Frosting 		

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!



Game On!



MONDAY

Bocce 10 - 11:30 am (weekly)

Beginner Bridge 1:30 - 3:30 pm (weekly)

TUESDAY

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

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

Dice Games: Dice 3000 or LCR 10 - 12:00 pm (weekly)

*Mexican Train Learn to Play 1 - 4:00 pm - (weekly)

Scrabble 1 - 3:00 pm (weekly)

WEDNESDAY

Social Bridge 10 - 12:00 pm - (weekly)

*Beginner Bridge (Instructional) 10 - 11:30am - 10/3

Bocce 10 - 11:30 am (weekly)

Rummikub 10 - 12:00 pm (weekly)

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

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 - 10/4 (First Thurs. of month)

FRIDAY

Dominoes 10 - 11:30 am (weekly)

BINGO 12:30 pm - 10/12, 10/26

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



Movie Day (Hocus Pocus - Comedy - 96 minutes) 12:30 pm - Bring your lunch - We'll serve popcorn - 10/5 (First Friday of Month)

**Advanced Sign up Required for the above Games.*

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.

A name you can trust.

For information, call
(518) 641-3400 or 1-888-519-4455
TTY/TDD (518) 641-4000

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

Monday through Friday the rest of the year.

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

Capital District Physicians' Health Plan, Inc.
CDPHP Universal Benefits,® Inc.



A plan for life.

This is an advertisement.

Y0019_16_0864 Accepted

DIVORCE & FAMILY LAW



DONNELLAN & KNUSSMAN PLLC
ATTORNEYS AT LAW

658 MALTA AVE, SUITE 201
BALLSTON SPA, NY 12020

(518) 309-6094



DKLAWFIRMNY.COM

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

We're going to Rome...Rome NY

Thursday, November 29, 2018

7:45 am Departure – 7:00 pm Return

First Stop of the day...

Fort Stanwix National Monument

Walk through time... Join a park ranger on this 30-minute program, walk through the park and imagine the people who made history in the Mohawk Valley before, during, and after the American Revolutionary War.

Second Stop of the day... Visit this beautiful English mansion and begin with a wonderful entree Buffet.

Featuring a served salad, delicious dishes, Chef carved meats and a sweet dessert display. Following lunch, relax and enjoy the show!

The Beeches presents... All she wants for Christmas – performed by enchanted Cabaret. It's Christmas Eve and Mrs. Claus is home with the elves awaiting the return of Santa while giving the ins outs and daily operations of Santa's workshop. All the holiday cheer is quickly put aside when Santa is caught in a terrible winter storm which threatens his return home for the first time ever! This Christmas show is packed with all of your holiday favorite songs and a few Broadway hits too.

Third Stop of the Day...Olney's Flowers and Gifts

After the show we will make a stop at this favorite attraction.

\$68 members / \$78 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**

SUE



RAINA



DONOVAN



SHIRLEY



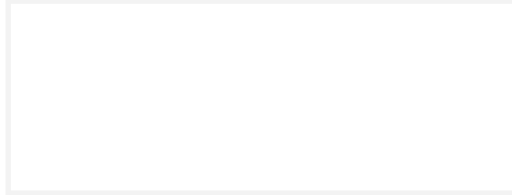
ROSE



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
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.