



Clifton Park Senior Community Center

Monthly Newsletter

November 2018

Clifton Park Senior Community Center

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

www.cliftonpark.org

Like us on Facebook:

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Center/](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

VETERAN'S DAY
OBSERVED:

MONDAY, 11/12

THANKSGIVING DAY:

THURSDAY, 11/22

DAY AFTER
THANKSGIVING:

FRIDAY, 11/23

Clifton Park Senior Community Center November Dinner

WEDNESDAY, NOVEMBER 14TH

5:30 PM

\$10 MEMBERS/\$12 NON-MEMBERS

DINNER PROVIDED BY:

DC
Distinctive Catering
of Albany and Saratoga

SALAD

Tossed Salad with Balsamic Dressing

MAIN COURSE

Chicken & Biscuits

Mashed Potatoes

Roasted Asparagus

Whole Grain Rolls with Butter

DESSERT

*Strawberry Shortcake and Ice Cream topped with
Whipped Cream*

*Advanced Sign up Required.
Space is limited.*

News & Events



Friday, November 2nd	12:30 pm	Creative Jewelry Making Class (Every other Friday)
Friday, November 2nd	1:00 pm	Swing Band Concert
Monday, November 5th	9:30 am	Presentation: MVP's 2019 Medicare Advantage Plans
Monday, November 5th	10:00 am	Basic Computer Skills: Typing on touch-screen keyboards, etc.
Monday, November 5th	1:00 pm	Soul Line Dancing - November Session Begins
Tuesday, November 6th	8:00 am - 4:00 pm	Election Day Bake Sale
Tuesday, November 6th	11:15 am	Gentle Yoga, Healing Journey Inward - New Session Begins
Wednesday, November 7th	10:00 am	Presentation: CDPHP's 2019 Medicare Advantage Plans
Wednesday, November 7th	10:00 am	Craft Connection with Rosemarie: Pinecone Door Hanger
Wednesday, November 7th	1:00 pm	Soldier Stockings Service Project - Final Day - "The Filling of the Stockings"
Friday, November 9th	9:00 am	Tap Advanced - New Session Begins
Friday, November 9th	10:00 am	Ballet - New Session Begins
Friday, November 9th	1:00 pm	Latin Line Dancing - November Session Begins
Monday, November 12th	CLOSED	Center is closed in Observance of Veteran's Day
Wednesday, November 14th	5:30 pm	DINNER: Food provided by Distinctive Catering
Thursday, November 15th	4:45 pm	Friendship Dinner at Shenendehowa High School East (Key Club). Free tickets available at front desk for all seniors who are Shen School residents. Limited Seating.
Friday, November 16th	2:00 pm	Paint & Pastries: "Cardinals in the Snow"
Monday, November 19th	9:00 am	Tap Intermediate - New Session Begins
Monday, November 19th	10:00 am	Jazz Dance - New Session Begins
Monday, November 19th	10:00 am	Basic Computer Skills: Email
Tuesday, November 20th	1:00 pm	Speed Friending - One-on-One
Wednesday, November 21st	10:00 am	Craft Connection with Rosemarie: Holiday Cards
Thursday, November 22nd	CLOSED	Center is closed - Happy Thanksgiving
Friday, November 23rd	CLOSED	Center is closed - Day after Thanksgiving
Monday, November 26th	10:00 am	Basic Computer Skills: Security for Windows and Mac Computers
Tuesday, November 27th	1:00 pm	Speed Friending - Pot Luck
Wednesday, November 28th	9:00 am - 4:00 pm	AARP Smart Driver Course
Wednesday, November 28th	12:30 pm	Lunch & Learn: New York State EPIC 101
Wednesday, November 28th	1:00 pm	Service Project: Start Date for the To Love a Child Foundation project
Thursday, November 29th	7:45 am Departure	TRIP: The Beeches, Rome NY
Thursday, November 29th	10:00 am	Watercolors with Mary Fekete - New Session Begins
Wednesday, December 5th	10:00 am	Paint & Pastries: "Icy Path"
Thursday, December 6th	1:00 pm	Chorus Concert
Friday, December 14th	1:00 pm	Orchestra Concert
Monday, December 17th	2:00 pm	Nature Walk Quilt Raffle (you do not need to be present to win)
Friday, December 21st	1:00 pm	Swing Band Concert

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

Paint and Pastries

Friday, November 16th
2:00pm - 3:30pm



"Cardinals in the Snow"
11x14 painting

Wednesday, December 5th
10:00am - 11:30pm



"Icy Path"
11x14 painting

Come join us for some creativity, fun, and sweets! Sign up is required and offered to Center members at a discounted rate, due to the generous sponsorship of CDPHP. Class space is limited. Sign up now!

MEMBERS: \$8.00 per class
NON-MEMBERS: \$25.00 per class



CRAFT CONNECTION with Rosemarie

Wednesdays at 10:00 am:

November 7th: Pinecone Door Hanger

November 21st: Holiday Cards

The only thing required is a sense of humor and a willingness to try. **Space is limited.** Examples of the upcoming month's projects will be at the front desk.

Creative Jewelry Making Class

Every other Friday from 12:30 pm - 2:00 pm:

November 2nd, 16th & 30th

No Experience Necessary!! Beads & tools available. Come have fun and make earrings, bracelets, necklaces, watches, eyeglass holders, etc. Re-do old jewelry. Repair your jewelry. Make jewelry to sell in our store!

Watercolors with Mary Fekete

Thursdays from 10:00 am - 12noon:

November 29th, December 13th, January 3rd and January 17th

\$20.00 for 4-week Session

Supply List Available.



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 or via email at: gcarrollaarp@gmail.com.

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

BASIC COMPUTER SKILLS

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

(Membership not required. No charge but advanced sign up required)



Monday, November 5th: Typing on touch-screen keyboards; reducing cell phone data use; reducing cell phone battery drain; assessing updates before installing them

Monday, November 19th: Email: What is an email address; sending and receiving emails; attaching and downloading photos; (**Reply vs. Reply all vs. Forward**)

Monday, November 26th: Security for Windows and Mac computers (password, firewall, antivirus, settings)

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

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, November 2nd: No Class

Friday, December 7th: Shannon Lawler from the Alzheimer's Association

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.

SPEED FRIENDING One-on-One

Tuesday, November 20th

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!!

SPEED FRIENDING - POT LUCK

Tuesday, November 27th

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 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.



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EDUCATIONAL CLASSES: Advanced Sign up Required for these programs:



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

New York State EPIC 101

Presented by: Mark McLaughlin
Wednesday, November 28th
12:30 pm

Topics of this Lunch and Learn will include:

- What is EPIC?
- What are the Requirements?
- Who is Eligible?
- How do I enroll?
- How does the plan work?

The Elderly Pharmaceutical Insurance Coverage (EPIC) program is a New York State program for seniors administered by the Department of Health. It helps more than 320,000 income-eligible seniors aged 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs.

*Preregistration for this informational meeting is required at the front desk. You must also **sign up with the kitchen** by 12noon the prior day 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.***

**Membership Not Required.
Feel free to bring a friend or family member!**



AARP Smart Driver™ Course

**Wednesday, November 28th
9:15 am - 4:15 pm**

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

Space is limited. When registering, we can accept check or money orders only. 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.**

Refunds: Checks or money orders will be voided only if cancellation is given 3 business days in advance of class. Failure to cancel or not show for class will result in individual being placed on Waiting list for next class.

Participants attending the AARP Smart Driver Course are invited to have lunch with the Saratoga County Office for the Aging Congregate Meal Program! Lunch is served promptly at noon. See the enclosed menu and sign up in advance with the KITCHEN (by 12noon the prior day) as reservations are required.

Vending machines are also available for soda, water and snacks.

The logo for Deets Catering & More features a white chef's hat icon above the word "DEETS" in a large, bold, white, sans-serif font. Below "DEETS" are the words "CATERING & MORE" in a smaller, white, sans-serif font. The logo is set against a green background. To the left of the logo is a photograph of a glass of water and a white napkin.

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**CAPITAL REGION TOYS FOR TOTS CAMPAIGN:
DROP OFF TOYS AT OUR CENTER!**

We are helping the U.S. Marine Corps Reserve once again this year with their Toys for Tots campaign. You can help out too by dropping off a new, unwrapped toy at our Center. We are collecting toys until December 14th, so there is plenty of time to participate!

ENTERTAINMENT & THE ARTS

CONCERTS at the Center

Come and hear the wonderful music of these talented musicians who rehearse here at the Center every week preparing to entertain you.

Swing Band

Friday, November 2nd at 1:00 pm

Chorus

Thursday, December 6th at 1:00 pm

Orchestra

Friday, December 14th at 1:00 pm

Swing Band

Friday, December 21st at 1:00 pm



The Greg Nazarian Big Band

7:00pm

Saturday, November 10th

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

Open to the Public

LIVE ENTERTAINMENT, DANCING, and KARAOKE with Brian Zapel!

7:00 pm

Sunday, November 25th

\$5 per person at the door

Open to the Public

RED HAT MAMAS

Wednesday, November 14th, 12:00 pm

Salty's Pub & Bistro, 215 Guideboard Road, Halfmoon
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, November 17th at 12:30pm

The Singles Lunch Bunch will meet at **Salty's Pub & Bistro**, 215A Guideboard Road, 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 to Sandy Nolin at 518-399-5812 or sandra4shen@aol.com.



Southern Saratoga Art Society (SSAS) members will have their annual themed show at the Clifton Park Senior Community Center during the month of November. This year's theme is "Winter." Enjoy the artwork of our area's artists while you browse in the Center Gallery.

*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

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

Soul Line Dancing

November Session will be held on:
MONDAYS from 1:00 pm - 2:00 pm:

11/5, 11/19, 11/26

\$10/month

Instructed by Mary & Frank Colby

Space is limited.

Latin Line Dancing

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

11/9, 11/16, 11/30

\$10/month

Instructed by Ray Nunez & Mark Nunez

Space is limited.

Gentle Yoga, Healing Journey Inward: *Tuesdays from 11:15 am - 12:15pm on 11/6, 11/13, 11/20, 11/27 - \$28.00*
Instructed by Rita Ajmera

Tap Intermediate: *Mondays from 9 - 10 am on 11/19, 11/26, 12/3, 12/10 - \$20.00* *Instructed by Janet Murphy*

Jazz Dance: *Mondays from 10 - 10:45 am on 11/19, 11/26, 12/3, 12/10 - \$16.00* *Instructed by Janet Murphy*

Tap Advanced: *Fridays from 9 - 10 am on 11/9, 11/16, 11/30, 12/7 - \$20.00* *Instructed by Janet Murphy*

Ballet: *Fridays from 10 - 10:45 am on 11/9, 11/16, 11/30, 12/7 - \$16.00* *Instructed by Janet Murphy*

YMCA Days



As a member of the Clifton Park Senior Community Center, you have free access to the Southern Saratoga YMCA on every 1st and 2nd Wednesday of the month. Center members must be in good standing and show their valid membership card at the Y's front desk.

SERVICE PROJECTS

*** No Experience Necessary ***

Soldier Stockings – Operation Adopt A Soldier - Our final day!

Wednesday, November 7th at 1:00 pm “The Filling of the Stockings”

We created stockings from felt for our soldiers during the month of October. They are now ready to be filled. Join us for the fun! Feel free to bring items to add to our collection of gifts to be shipped.

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, Sudoku, DVD's, etc.)

And don't forget your leftover Halloween candy. They love chocolate just like we do!

These items will be shipped via: www.OperationAdoptASoldier.org out of Saratoga.

To Love a Child Foundation...to benefit young women in Haiti & Zimbabwe

Wednesdays from 1:00 - 3:30 pm - November 28th, December 5th & December 19th

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

We are in need of: Dark colored cotton, flannel, fleece and terrycloth material, plastic snaps size 16 (Babyville), thread (any color) and please bring your own scissors.

This is a big sewing project. We have a few sewing machines here.

Please bring: if you have a sewing machine or serger (we will unload it from your car and put it back in your car when you are done.)

GAME ON!



Game On!



MONDAY

Bocce 10 - 11:30 am (weekly)

***NEW! Learn to Play: Phase 10 - A Rummy Type Card Game with a challenging & exciting twist** 10 am

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)

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)

NEW! Board Games (Bring your own or play one of ours) 10am

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

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

BUNCO (Dice) 1 - 3:00 pm - 11/1 (First Thurs. of month)

FRIDAY

Dominoes 10 - 11:30 am (weekly)

***NEW! Learn to Play Dice Games - Farkle & 6-5-4** 10 am

BINGO 12:30 pm - 11/9, 11/16, 11/30

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



Movie Day is Cancelled for November. Please plan to come and enjoy the Swing Band Concert on Friday, November 2nd at 1:00 pm

**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.



Did you know... You can come check out our DVD collection in our Library. Free Rentals.

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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 Phase 10* Learn to Play 10 am Bocce* (May - Oct) 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 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	Exercise to Tapes* 8:45-9:45 am Pool & Billiards* 9-12 pm Yoga 10-11:00 am Board Games* 10 am Chorus* 10:00-11:30 am Legal Assistance* by appt. 10-12 pm (3rd Thurs.) Watercolors & Sketching 10-12:30 pm Seton Health "Seniorize"* 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 (Cancelled for November) BINGO 12:30 pm (see game page) Congregate Lunch 12 pm Creative 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

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Glenn J. Witecki, Esq.



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- ❖ Medicaid Applications
- ❖ Nursing Home Planning
- ❖ Guardianships
- ❖ Real Estate

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or

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Home visits available upon request

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

Monday through Friday the rest of the year.

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

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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?

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Our mission is to provide you with coverage specifically tailored to your needs.
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Drug Coverage • Critical Illness • Auto & Homeowners • Disability • Life

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

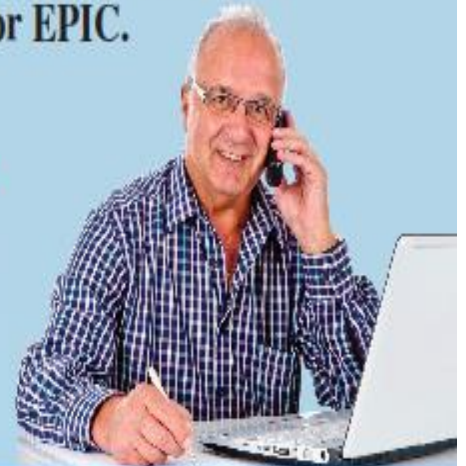
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**Michael O'Brien, President
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Contact me today to schedule a time
to learn about Medicare.

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- 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?

SARATOGA COUNTY OFFICE FOR THE AGING-**November 2018**

CONGREGATE & HOME DELIVERED MEALS 363-4020

Served Monday-Friday at 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. Please contact the Center at (518) 383-1343, for more information.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Baked Fish w/Picatta Sauce over Brown Rice Spinach Warm Apple Cobbler	2 Stuffed Shells w/ Meat Sauce Wax Beans Peas Chocolate Cookies
5 Apple Glazed Pork Cubed Sweet Potatoes Cabbage Dinner Roll Fruit Cocktail	6 Breaded Fish Macaroni & Cheese Stewed Tomatoes Tartar Sauce Pineapple	7 Chicken & Biscuit Broccoli Mandarin Oranges	8 Italian Style Meatloaf Garlic Mashed Potatoes Zucchini & Yellow Squash Fruit Jello w/Whipped Topping	9 Egg Salad on Roll Marinated Green Beans Beet & Onion Salad Fresh Orange
12 Closed	13	14	15 Thanksgiving	16
 VETERANS DAY	Five Spice Chicken Cubed Sweet Potato Beets Dinner Roll Pears	Pasta w/Meatballs Mixed Vegetables Parmesan Cheese Plum Fruit	Special Roast Turkey w/Gravy Mashed Potatoes Stuffing Green Bean Casserole Cranberry Sauce Dinner Roll Pumpkin Pie w/ Whipped Topping	Fish Florentine over Brown Rice Corn Warm Berry Crunch
19	20	21	22 Closed	23 Closed
Baked Chicken w/ Gravy Mashed Sweet Potato Vegetable Trio Fruit Cocktail	Chili Rice Yellow squash Peaches	Roast Pork w/Gravy & Mashed Potatoes Brussels Sprouts Warm Apple Crisp	 	
26	27	28	29	30
Baked Fish w/Tarragon Sauce Oven Browned Potatoes Mixed Vegetables Yogurt	Spanish Beef & Rice Casserole Garlic Cornbread Carrots Mandarin Oranges	Chicken Divan Rice Spinach Pears	Roast Beef w/Gravy over Mashed Potatoes Peas Fruit Jell O w/Whipped Topping	Eggplant Rollatini w/ Meat Sauce Pasta w/ Marinara Sauce Lima Beans Chocolate Cookies

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**



KINGSWAY
HOME CARE
SERVICE



Kingsway Community
Home Care Service

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

MAKE IT FIT



Fitness for mind, body & soul

TRIPS

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

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

The Senior Center staff would like to wish you and yours a very safe Veteran's Day and Happy Thanksgiving!



Election Day Bake Sale

November 6th, 8 am - 4 pm

The Clifton Park Senior Community Center is hosting its annual Election Day Bake Sale here at the Center on Tuesday, November 6th from 8 am to 4 pm.

We are still looking for volunteers to bake goodies and/or staff our tables for a couple hours. If you are interested, please call the Center at 518-383-1343.

Even if you can't volunteer, we hope you'll drop by on Election Day for a treat!

Thanks for your support!

SUE



RAINA



DONOVAN



SHIRLEY



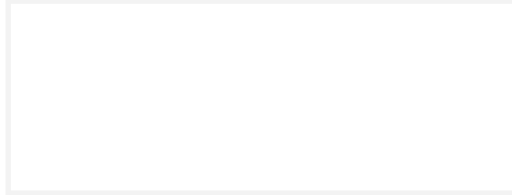
ROSE



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

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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.