



# Clifton Park Senior Community Center

## Monthly Newsletter

December 2018

### Clifton Park Senior Community Center

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

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

Like us on Facebook:

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

Please make checks payable to:  
Town of Clifton Park

### Center Hours

Monday—Friday  
9am—4pm

Facility and room rental  
available for special  
events.

### Upcoming Center Closings

**CHRISTMAS EVE:**  
MONDAY, 12/24  
CENTER WILL CLOSE AT  
12:30PM

**CHRISTMAS:**  
TUESDAY, 12/25

**NEW YEAR'S DAY:**  
TUESDAY, 1/1/19



## HOME FOR THE HOLIDAYS

COMMUNITY DINNER AT THE CLIFTON PARK SENIOR COMMUNITY CENTER

### Featuring Celebrity Chefs from **DEETS CATERING**

**Wednesday, December 12th**

Doors open at 5:30 pm

\$10 Members / \$12 Non-Members

#### MENU

Garden Salad with House Dressing

Fresh Rolls

Lightly Seasoned Pork Loin w/au jus

Baked Potato w/butter

Fresh Steamed Broccoli

Cheesecake



## News & Events



Monday, December 3rd	1:00 pm	Soul Line Dancing - December Session Begins
Wednesday, December 5th	10:00 am	Paint & Pastries: "Icy Path"
Wednesday, December 5th	12:30 pm	Lunch & Learn: ClearCaptions - You may qualify for a free phone, caption service and installation! Join us to learn more!
Wednesday, December 5th	1:00 pm	Service Project: To Love a Child Foundation
Thursday, December 6th	1:00 pm	Chorus Concert
Friday, December 7th	11:00 am	Diabetes Support Group (Guest Speaker from Alzheimer's Association)
Tuesday, December 11th	2:00 pm	Tai Chi for Arthritis Seated Class (Free) - Space is limited; sign up now!
Wednesday, December 12th	5:30 pm	Dinner: Home for the Holidays December Dinner featuring Deets Catering
Friday, December 14th	1:00 pm	Orchestra Concert
<b>Monday, December 17th</b>	<b>2:00 pm</b>	<b>Nature Walk Quilt Raffle (you do not need to be present to win)</b>
Monday, December 17th	4:45 pm	TRIP: Albany Capital Lights in the Park
Tuesday, December 18th	1:00 pm	Speed Friending - Holiday Party Potluck
Wednesday, December 19th	10:00 am	Breakfast with Santa (Pre-registration required)
Wednesday, December 19th	12:30 pm	Lunch & Learn: Aging Successfully with Vision Loss - What YOU can do!
Wednesday, December 19th	1:00 pm	Service Project: To Love a Child Foundation
Friday, December 21st	1:00 pm	Swing Band Concert



# 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*



**BREAKFAST**

*with*

**SANTA**

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WEDNESDAY  
DECEMBER

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19

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10:00AM  
MEMBERS ONLY

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**Clifton Park Senior Community Center**

***Please bring a hot or cold cereal item to donate to the Food Pantry***

**Pre-registration required. Space is limited.**



*Thank you to **Distinctive Catering of Albany and Saratoga** for a fabulous November dinner. We would also like to thank our Center volunteers for your continued assistance with set-up, serving and clean-up!*

**DC**  
*Distinctive Catering  
of Albany and Saratoga*

882 Route 29, Saratoga Springs, NY 12866  
(518) 858-2184

Email: [Distinctivecateringdukesgrove@gmail.com](mailto:Distinctivecateringdukesgrove@gmail.com)  
Website: [Saratoga-catering.com](http://Saratoga-catering.com)

### Soldier Stockings – Operation Adopt A Soldier



Thank you to all that helped to create the holiday stockings and to all of you that donated the games, toiletries, food and candy. We were able to make and fill 215 stockings. This will help to brighten the holiday for our soldiers that may not be able to be with their family and friends this year.

Thank you to Hewitt's Garden Center for the donation of the Purple Leaf Plum Tree. We planted it near the raised flower beds on the south side of the building. In a few years, this will offer us some much needed shade and a nice area to sit and relax.



## SERVICE PROJECT

To Love a Child Foundation...to benefit young women in Haiti & Zimbabwe  
**Wednesdays from 1:00 - 3:30 pm - 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.)

## Paint and Pastries

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



*"May your walls know joy, may every room hold laughter, and every window open to great possibility."*

*- Mary Anne Radmacher*

## Creative Jewelry Making Class



Every other Friday from  
12:30 pm - 2 pm:  
**December 14th & 28th**  
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!

## Simple Alterations with Bee

Tuesdays from 10am - 2:00 pm:  
**December 4th & 11th**

Bring an item or two for Bee,  
she'll fix up your item for free!  
Just in time for the Holidays!  
Appointment Required.  
Please sign up at front desk.



## CRAFT CONNECTION with Rosemarie

Wednesdays at 10:00 am:

**December 12th: Snowman Jar w/ Judy**  
**December 19th: Ornament**

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.

### RENEW YOUR MEMBERSHIP!

The cost of membership at the Center is \$15 annually. All memberships expire December 31, 2018, regardless of when you join. All members are welcome at any Center activities, may receive special discounts on activities and trips, are offered first opportunity to sign up for classes, and receive discounts from our Community Partners. Members also receive our monthly Newsletter to keep up to date on our special events. Interested in joining? Please contact the Center at 518-383-1343, or stop by for more information.

## 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)



**December 3rd:** Shopping safely online

**December 17th:** Security for iPhones and iPads (also: securing your iCloud account)

\*\*\*\*\*

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

### **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](mailto:gcarrollaarp@gmail.com).



### **SPEED FRIENDING**

### **HOLIDAY POT LUCK**

**Tuesday, December 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 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.**

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



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## EDUCATIONAL CLASSES: Advanced Sign up Required for these programs:

Sign up in Advance for the 12:30 Presentations are REQUIRED.



Sign up for lunch in advance with the Kitchen or bring a lunch.  
We'll serve dessert!

### **ClearCaptions**

Presented by: Debbie Grant,  
Territory Title 1V Manager for Upstate NY.

**Wednesday, December 5th  
12:30 pm**

☆ *Do you have hearing loss?*

☆ *Trouble with telephone conversations?*

*YOU MAY QUALIFY FOR a Free Phone, Caption  
Service & Installation*

*NO COST FEDERAL PROGRAM*

*Join us to learn more!*

#### **REQUIREMENTS:**

- Home landline phone service
- High-speed internet
- Hearing loss
- United States resident

### **"Aging Successfully with Vision Loss - What YOU can do!"**

Presented by: Cheryl Lawyer, Outreach and  
Education Coordinator for the Northeastern  
Association of the Blind at Albany (NABA)

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

Cheryl Lawyer will present how adults can age successfully as they experience vision loss. She is also the volunteer Region Coordinator for Guiding Eyes for the Blind puppy program and a NYS Certified Teacher. Ms. Lawyer will also bring a guide dog puppy in-training.

This is an engaging educational presentation designed for adults to learn about the four leading causes of vision loss in older adult; early warning signs of vision loss; taking care of your eyes; low vision rehabilitation and other services; and low vision adaptive aids, such as magnifiers and talking items. A 10-15 minute video of real case stories will provide discussion points about independent living.

For over 100 years, NABA has been providing services to help the blind and visually impaired of all ages live independent lives.

*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!**

## 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.*

#### 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, December 8th**

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

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

**7:00 pm**

**Sunday, December 30th**

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

### RED HAT MAMAS

**Wednesday, December 12th, 12:00 pm**

**Bellini's Italian Eatery**, 19 Clifton Country Road, CP  
Please RSVP by calling Jackie at (518) 630-5796 if your last name begins with A-L or Betty at (518) 406-5167 if your last name begins with M-Z. *Red Hat Mamas meet at 12 noon on the 2nd Wednesday of each month.*

### SINGLES LUNCH BUNCH

Singles Lunch Bunch of Clifton Park Invites you to our 13th Annual Holiday Luncheon on **Saturday, December 15<sup>th</sup>, 2018** at "The Vista" at Van Patten Golf Club, 924 Main St., Clifton Park, NY

**Please Choose one:** Chicken Marsala, Chicken Scallopini Sautéed with Mushrooms and Garlic, topped with Marsala wine, finished with Demi or Top Sirloin Au Poivre Petite Filets Smothered in Cracked Peppercorn Laced Demi with cream or Grilled Salmon Filet, Sauce Bearnaise  
Dinners will include: Warm rolls and Butter, Desert Course Chocolate Lava Cake, Coffee, Tea, & soft Beverage  
Cost is \$27 per person (to include complete meal, tax and gratuity)

Please pay by Monday Dec.10 to Sandy Nolin 133 Saratoga Rd. K-5 Scotia, NY 12302. For questions, please contact Sandy at 518-399-5812 or sandra4shen@aol.com (We will be collecting nonperishable food for the Clifton Park food pantry).

### **DIVORCE & FAMILY LAW**



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**(518) 309-6094**



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A festive graphic with the words "Happy Holidays" in a cursive font, accompanied by holly leaves and a red ribbon.

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

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

December Session will be held on:  
**MONDAYS from 1:00 pm – 2:00 pm:**  
12/3, 12/10, 12/17  
*\$10/month*

*Instructed by Mary & Frank Colby*  
*Space is limited.*

### **Latin Line Dancing:**

No Classes will be held in December.  
Classes to resume in January 2019.

## **RENEW YOUR MEMBERSHIP!**

The cost of membership at the Center is \$15 annually.

All memberships expire December 31, 2018, regardless of when you join. All members are welcome at any Center activities, may receive special discounts on activities and trips, are offered first opportunity to sign up for classes, and receive discounts from our Community Partners. Members also receive our monthly Newsletter to keep up to date on our special events. Interested in joining? Please contact the Center at 518-383-1343, or stop by for more information.

#### Membership Highlights:

- ☆ Monthly newsletter delivered to your home or email
- ☆ Free DVD rentals
- ☆ Discounts on trips & monthly dinners
- ☆ Access to classes available to members only
- ☆ Free computer classes/lessons
- ☆ Trips with sister senior centers as a member
- ☆ And more...

## **Tai Chi for Arthritis Seated Class**

Join us for a **free** class and demonstration on Tuesday, December 11 at 2 pm  
Sign up now! Space is limited!

**Just what is Tai Chi?** Originating in ancient China, Tai Chi is one of the most effective exercises for the health of mind and body. Almost anyone can learn the Tai Chi for Arthritis program. The movements are slow and gentle, and the degree of exertion can be easily modified, making it suitable for people of all levels of ability.

**Seated Tai Chi:** This adaptation of Tai Chi for Arthritis presents participants with an easy to follow set of warm-up exercises and Tai Chi postures that can be performed entirely while seated. This class is appropriate and helpful for individuals using a walker or wheelchair.

**How can Tai Chi improve your health?** The essential principles of Tai Chi promote mind and body integration, flexibility, fluidity of movements, control of breathing and mental concentration. Tai Chi seated classes are especially helpful for individuals with impairments that may make it difficult to participate in regular activity programs or standing Tai Chi. Seated Tai Chi also provides participants with the benefits of group interaction and helps to improve health and the quality of life. In addition, daily stress in our lives, including negativity and destructive emotion, can accumulate to dampen our spirit. Tai Chi is one of the most powerful mind-body exercises, teaching the student to be aware of the intrinsic energy from which he or she can achieve greater self-control and empowerment.

**Proven Science:** Medical studies have shown that Tai Chi for Arthritis helps to relieve pain for people with arthritis and improves their quality of lives, as well as helping to prevent falls for older adults. For this reason, arthritis foundations around the world and the Center for Disease Control and Prevention in the United States recommend the Tai Chi for Arthritis program. Although especially effective for arthritis, it is a great exercise for senior citizens to improve health and wellness.

**Certified Instruction:** The instructor has been trained and certified by the international Tai Chi for Health Institute.



# GAME ON!



## Game On!



### MONDAY

Bocce 10 - 11:30 am (weekly)

\*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)

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 - 12/6 (First Thurs. of month)

### FRIDAY

Dominoes 10 - 11:30 am (weekly)

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

BINGO 12:30 pm - 12/28

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



Friday, December 7th

**Home for the Holidays** starring Holly Hunter, Robert Downey, Jr., Steve Guttenberg. Comedy. 103 Minutes.

*\*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
<b>Tap (Int. II)</b> 9-10 am  <b>Jazz</b> 10-10:45 am  <b>Chair Yoga</b> 10-11:00 am  <b>Phase 10* Learn to Play</b> 10 am  <b>Bocce* (May - Oct)</b> 10 am - 11:30 am  <b>Basic Computer Class*</b> 10-12 noon  <b>Adult Coloring*</b> 10:30-12 pm (1st, 3rd Mon)  <b>Discussion Group*</b> 10:30-12 pm (2nd, 4th Mon)  <b>Congregate Lunch</b> 12 pm  <b>Clogging</b> 12-1:30 pm  <b>Soul Line Dancing</b> 1-2 pm  <b>Quilting Group*</b> 1-3 pm  <b>Beginner Bridge*</b> 1:30 -3:30 pm  <b>Osteo-Exercise*</b> 2:30-3:30 pm	<b>Exercise to Tapes*</b> 8:45-9:45 am  <b>Pool &amp; Billiards*</b> 9-12 pm  <b>Duplicate Bridge Lesson</b> 10-11:00 am  <b>Tai Chi</b> 10-11:00 am  <b>Dice: LCR or Dice 3000*</b> 10-12 pm (every week)  <b>Duplicate Bridge</b> 11:30-3:30 pm  <b>Congregate Lunch</b> 12 pm  <b>MVP Zumba/Bokwa*</b> 1-2 pm (Seasonal)  <b>Scrabble*</b> 1-3 pm  <b>Mexican Train*</b> 1-4 pm	<b>Exercise to Tapes*</b> 8:45-9:45 am  <b>Senior Investment Club</b> 9:30-11:30 am (2nd Wed.)  <b>TOPS</b> 10-11:30 am  <b>Memories to Memoirs*</b> 10-12 pm  <b>Social Bridge*</b> 10-12 pm  <b>Craft Class (2x/month)</b> 10-12 pm  <b>Congregate Lunch</b> 12 pm  <b>Hand and Foot (Cards)*</b> 1-3 pm (weekly)  <b>Poker* 1-3 pm</b>  <b>Crocheting &amp; Knitting*</b> 1-3 pm  <b>Osteo-Exercise*</b> 2:30-3:30 pm	<b>Exercise to Tapes*</b> 8:45-9:45 am  <b>Pool &amp; Billiards*</b> 9-12 pm  <b>Yoga</b> 10-11:00 am  <b>Board Games*</b> 10 am  <b>Chorus*</b> 10:00-11:30 am  <b>Watercolors &amp; Sketching</b> 10-12:30 pm  <b>Seton Health "Seniorcize"*</b> 11-12 pm (Seasonal)  <b>Duplicate Bridge</b> 12:00-4 pm  <b>Congregate Lunch</b> 12 pm  <b>Pinochle*</b> 12:30-3 pm  <b>American Mahjong*</b> 12:30-4 pm  <b>BUNCO (Dice)</b> 1-3 pm (1st Thursday of month)	<b>Orchestra*</b> 9-10:55 am  <b>Tap Advanced</b> 9-10 am  <b>Woodcarving*</b> 9-12noon  <b>Ballet</b> 10-10:45 am  <b>Dominoes*</b> 10-11:30 am  <b>Big Band*</b> 10:55-12:20 pm  <b>Diabetes Workshop*</b> 11am-12 pm (1x a Month)  <b>Movie Day*</b> 12:30 pm (1st Friday of Month)  <b>BINGO</b> 12:30 pm (see game page)  <b>Congregate Lunch</b> 12 pm  <b>Creative Jewelry Making*</b> 12:30 - 2:00 pm (every other)  <b>Scrabble*</b> 12:30-2:30 pm  <b>Latin Line Dancing</b> 1-2 pm (No Classes in December)  <b>Osteo Exercise*</b> 2:30-3:30 pm

*All dates are subject to change.*

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

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For information, call  
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TTY/TDD **(518) 641-4000**

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

Monday through Friday the rest of the year.

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

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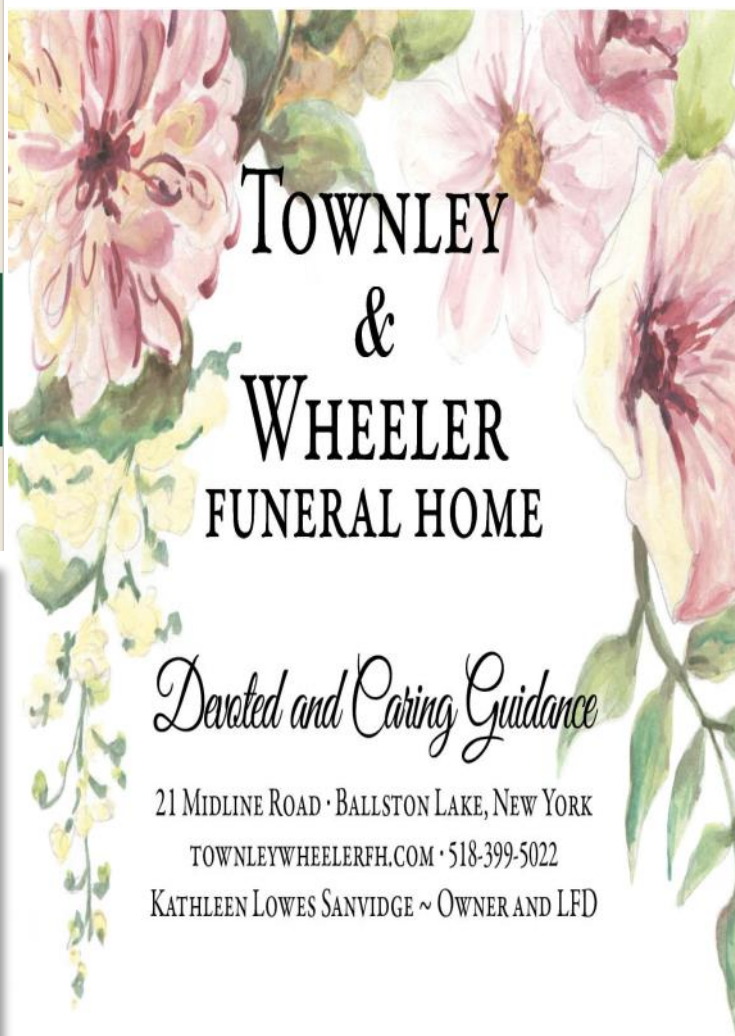
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We provide: Estate Planning, Elder Law, Asset Protection, Medicaid Planning, Probate & Administration, Real Estate, and Business Law Services.

Schedule a free consultation with us. Evening and weekend appointments, as well as home visits, are available. Or schedule directly with the Clifton Park Senior Center where Glenn provides free consultations every third Thursday of the month.



### 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.



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 14<sup>th</sup>, so there is plenty of time to participate!

## CONFUSED ABOUT YOUR MEDICARE PLAN OR NEW TO MEDICARE?

Are you looking for a Medicare plan that fits your needs? Turning 65, new to Medicare or leaving a retiree health plan? Do you understand how New York State EPIC works? Are you paying too much for your healthcare coverage?

### WE CAN HELP!

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

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

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

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Mayfield, NY 12117



### LOCALLY OWNED & OPERATED



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

Michael O'Brien, President  
H&L Insurance

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

**518-661-6300**

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




CALL TODAY!

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

# SARATOGA COUNTY OFFICE FOR THE AGING-December 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
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Chicken w/Orange Glaze Sauce Rice Sonoma Blend Vegetables Pears	Breaded Fish on a Bun Tartar Sauce Peas & Carrots Coleslaw Warm Berry Crisp	Hearty Beef Vegetable Soup Brussels Sprouts Warm Biscuit Peaches	Italian Stew Oven Browned Potatoes Wax Beans Chocolate Pudding W/ Whipped Topping	Macaroni & Cheese w/ Ham Mixed Vegetables Beets Fruit Cocktail
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Baked Fish w/Picatta Sauce over Brown Rice Spinach Warm Apple Cobbler	Herb Chicken w/Gravy Stuffing Butternut Squash Mandarin Oranges	Pork Loin w/Cranberry Mustard Sauce Red Bliss Potato Vegetable Trio Pears	Pasta Bake w/Sauce Wax Beans Peas Chocolate Cookies	Creamy Chicken Vegetable Stew Broccoli Warm Biscuit Peaches
<b>17</b>	<b>18</b>	<b>19</b>	<b>20 CHRISTMAS SPECIAL</b>	<b>21</b>
Macaroni & Cheese Stewed Tomatoes Brussels Sprouts Yogurt	Apple Glazed Pork Mashed Sweet Potatoes Cabbage Dinner Roll Pineapple	Italian Style Meatloaf Garlic Mashed Potatoes Zucchini & Yellow Squash Fruit Jell O w/Whipped Topping	Stuffed Chicken Florentine Stuffing Peas & Onions Dinner Roll Red Velvet Cake w/ Cream Cheese Frosting	Spanish Beef & Rice Casserole Carrots Cornbread Mandarin Oranges
<b>24</b>	<b>25 CLOSED</b>	<b>26</b>	<b>27</b>	<b>28</b>
Fish Florentine over Brown Rice Sonoma Blend Vegetables Warm Berry Crunch		Five Spice Chicken Baked Sweet Potato Beets Dinner Roll Pears	Pasta w/Meatballs Mixed Vegetables Parmesan Cheese Plum Fruit	Egg Salad on Wheat Marinated Green Beans Coleslaw Fresh Orange
<b>31</b>	<p><b>Menu Subject To Change.</b> 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: <b>Northeast Dining and Lodging, c/o Saratoga County Office for the Aging, 152 West High Street, Ballston Spa, NY 12020</b></p> <p style="text-align: center;"><b>Seasons Greetings</b>  <b>Seasons Greetings</b> </p>			
Chili Rice Yellow squash Peaches				



KINGSWAY  
**HOME CARE**  
SERVICE



Kingsway Community  
Home Care Service

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

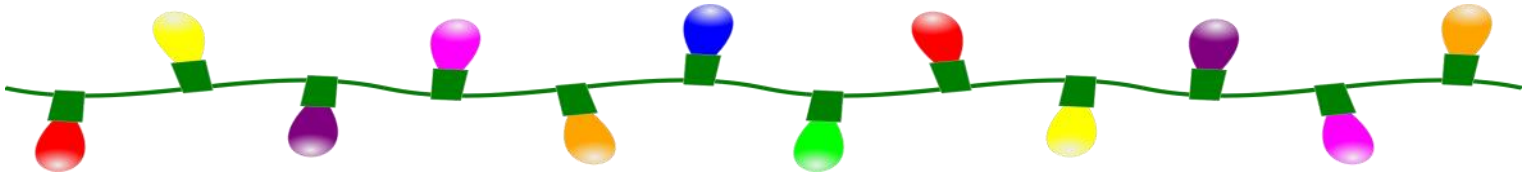
MAKE IT FIT



Fitness for mind, body & soul

# TRIPS

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



## **ALBANY CAPITAL LIGHTS IN THE PARK**

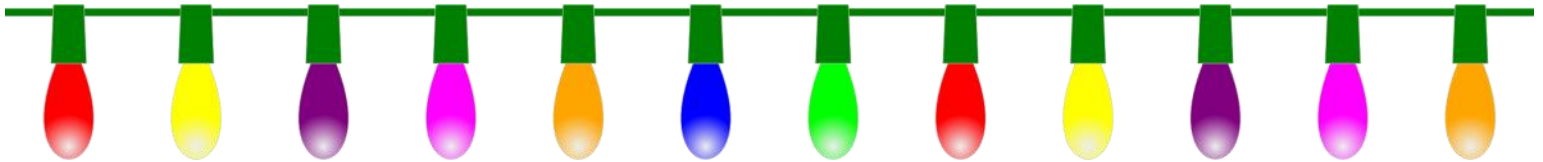
**Monday December 17, 2018 - 4:45 pm**

We'll meet for dinner at the  
**HALFMOON DINER**  
Separate checks for everyone  
\*\*\*\*\*

**6:00 pm – 8:00 pm**

**A TROLLEY WILL PICK US UP FROM THE DINER, BRING US TO THE PARK & BACK**

\$19 per person - Members only  
Includes Transportation from the Diner and Admission to the Park  
Everyone will pay for their own dinner  
All trips must be paid for in full when signing up for the trip.  
**This trip will begin and end at the Halfmoon Diner, Rt. 9, Clifton Park**



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



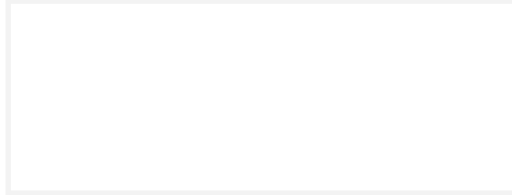
**ROSE**



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

PRSRRT STD  
US POSTAGE PAID  
Clifton Park, NY  
Permit No. 58

TO: CURRENT OCCUPANT OR



### Town Staff Directory

Town Supervisor Phil Barrett	371-6651
Town Board Members	371-6651
Animal Control Officer	371-6756
Town Attorney Tom McCarthy	371-6651
Assessor Walter Smead	371-6460
Building & Development Director Steve Myers	371-6702
Building & Grounds Director Dan Clemens	371-6651
Town Clerk Pat O'Donnell	371-6681
Town Court - 5 Municipal Plaza	371-6668
Town Comptroller Mark Heggen	371-6651
Storm Water Management Technician Scott Reese	371-6054
Highway Superintendent Dahn Bull	371-7310
Parks & Recreation Director Myla Kramer	371-6667
Planning Director John Scavo	371-6054
Receiver of Taxes Rose Savallo	371-5720
Director of Safety & Security Lou Pasquarell	348-7311
Town Security Officers	369-6651
Sewer Director Mike O'Brien	348-7313
Transfer Station Supervisor Jeff Vedder	371-6669
Senior Community Center Director Sue Leonard	383-1343

### Email your Town Board

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

## Town of Clifton Park Senior Express

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

### Monday, Tuesday & Thursday:

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

### Wednesday & Friday:

Clifton Park shopping and local appointments only.



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

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