



Clifton Park Senior Community Center

Monthly Newsletter

January 2019

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/
CliftonParkSeniorCenter/](https://www.facebook.com/CliftonParkSeniorCenter/)

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

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

**MARTIN LUTHER KING
JR. DAY:**
MONDAY, 1/21/19



Dear Members,

The two-year anniversary of the Town of Clifton Park assuming operational responsibility for the Clifton Park Senior Community Center occurred on December 17th. Since that difficult time at the end of 2016, we have worked hard to ensure the Center became a vibrant, dynamic cultural resource serving the people of Clifton Park. I am proud of the hard work of Town Staff, Center Staff, the large number of Center volunteers, our generous sponsors and all of our members. The support and effort of everyone involved has truly been a blessing for the many people that enjoy the Center. We have continued to add programs and activities. We also hope the important facility upgrades completed in 2018 have added to your enjoyment of the facility.

We expect 2019 to be another successful year! The membership has grown from 620 to 1210 in the last two years! This is further evidence of the enormous amount of support we have received from the community. As we enjoy the upcoming Holidays and begin a new year, we wish you a healthy and happy 2019!

Phil Barrett
Clifton Park Town Supervisor

Share your works of art or a collection you have in our beautiful Oak Display Case, located in the main lobby. Please call the Center to sign up. Remember...the case is lighted and always locked.

News & Events



Tuesday, January 1st	9am - 4pm	HAPPY NEW YEAR! Center is closed.
Monday, January 7th	9:00 am	Tap Intermediate 6-week Session Begins
Monday, January 7th	10:00 am	Chair Yoga 6-week Session Begins
Monday, January 7th	10:00 am	Jazz Dance 6-week Session Begins
Monday, January 7th, 14th, 28th	10:00 am	Basic Computer Skills with Bob Stromberg
Tuesday, January 8th	10:00 am	Tai Chi 7-week Session Begins
Tuesday, January 8th	2:15 pm	Free Class & Demonstration on Seated Tai Chi
Wednesday, January 9th & 23rd	10:00 am	Craft Connection with Rosemarie
Friday, January 11th	9:00 am	Tap Advanced 6-week Session Begins
Friday, January 11th	10:00 am	Ballet 6-week Session Begins
Friday, January 11th & 25th	12:30 pm	Creative Jewelry Making class with Judy
Friday, January 11th	1:00 pm	Latin Line Dancing January Session Begins
Monday, January 14th	2:00 pm	Paint & Pastries "Cardinals in the Snow"
Tuesday, January 15th	2:15 pm	Seated Tai Chi Class 4-week Session Begins
Tuesday, January 22nd	12:30 pm	Speed Friending One-on-One
Tuesday, January 22nd	9:00 am	Begin accepting appointment requests for AARP Tax Assistance starting 2/4
Saturday, March 23rd	ALL Day	Spring Book Sale
Sunday, March 24th	ALL Day	Spring Book Sale
Friday, June 7th	Multi Day	TRIP: Washington, DC



RENEW YOUR MEMBERSHIP!

You don't want to miss a single Newsletter!

The cost of membership at the Center is \$15 annually. **All memberships expire December 31, 2018,** regardless of when you join.

Membership Highlights:

- ☆ Monthly newsletter delivered to your home or email
- ☆ Free DVD rentals
- ☆ Discounts on trips/monthly dinners/select classes
- ☆ Access to classes available to members only
- ☆ First opportunity for sign-ups
- ☆ Free computer classes/lessons
- ☆ Trips with sister senior centers at member pricing
- ☆ And more...

Interested in joining? Please contact the Center at 518-383-1343, or stop by for more information.

Dear Members,

I would like to take a moment to thank our amazing volunteers, our community service organization partners, our community advertisers and all the people that help to make our senior center run smoothly.

The New Year is a moment of quiet reflection. An opportunity to reflect on the year gone by; of the happy gains and missed opportunities. Introspect on our personal growth and learn from our experience. The New Year is the time to ensure that we bring balance to our life with positive influences. An opportunity to try something new... A game, an exercise or dance program, something that you've thought about doing and just never got around to. Join us here at the Center. Make new friends and meet up with your old friends.

Our year at a glance, and what a wonderful year we've had...

Some of our new programs that we offered this year include: Latin line dancing, Computer lessons - group and one on one, Bridge lessons, Friending, Seated Tai Chi, Adult coloring, Craft Class with Rosemarie, Creative Jewelry Making Classes with Judy, Lunch and Learns, more evening dinners...more trips...more games and more fun!

Our Service Projects for the Community this year include:

- Saratoga County Animal Shelter: we created cat and dog beds, catnip pillows and more. We collected animal food and other products. We then hosted an adoption clinic.*
- Shen Quilt Project: we hand decorated quilt squares that were later sewn into a quilt and donated to children that are sick or in need.*
- Operation Adopt a Soldier: we created holiday stockings and filled them for our Soldiers.*
- Toys for Tots: we filled a box twice with donations for needy children.*
- To Love a Child: we created pads for girls in Haiti and Zimbabwe.*
- Jonesville Food Pantry: we hosted a holiday breakfast and we each brought in breakfast cereal to be donated to the Pantry. We do collect for the food pantry every day throughout the year. Please feel free to drop off your items at the Center.*

We've had some wonderful improvements this year. Come in and enjoy the Center. We have something for everyone.

Wishing you all a Very Happy New Year!

*Warm Regards,
Susan Leonard, Director*



CONGRATULATIONS to our NATURE WALK QUILT RAFFLE WINNERS!

1st prize: Tracie Epting

Leaf Sampler Queen Sized Quilt (valued at \$2,775)

2nd prize: Amy Farrigan

Woodland Flowers Lap Quilt

3rd prize: Cynthia Decker

Autumn Leaves Table Runner:



Raffle to Benefit Captain Youth & Family Services



REMINDER: The Center will continue to follow the Shenendehowa Central School's closure status. If the school district has a 2 hour delay or is closed for the day, the Center will observe the same status. We will also post notices for winter weather alerts on the Town's website at www.cliftonpark.org



SAVE THE DATES!
The 2-DAY Spring Book Sale
will be on:

**Saturday, March 23rd &
Sunday, March 24th**

For additional information or if you would like to Volunteer, please contact the Center at (518) 383-1343.

AARP Tax Assistance

TaxAide, the free income tax assistance program sponsored by AARP Foundation and the IRS, will be offering free income tax services to our members again this year! **Appointments will be available beginning on February 4th.** We will begin accepting appointment requests on Tuesday, January 22nd. Appointments must be made in person at the front desk. We will provide you with a packet of important information that will ensure the process is as smooth as possible!





Thank you to **Deets Catering** for preparing the "Home for the Holidays" December dinner. We thank the Hudson-Mohawk Chorale singers for their holiday entertainment and serving our seniors. A continued thanks to our valuable Center volunteers for your assistance with set-up, serving and clean-up!

We would like to extend a thank you to the many local businesses who offered gift cards, gifts & donations during our December events at the Center:

- Snyders**, 1717 Route 9 – 518.371.6100
- Jimmys Egg**, 5 Clifton Country Road – 518.930.2632
- JS Watkins**, 1679 Route 9 – 518.383.1148
- Salty's Pub & Bistro**, 215A Guideboard Rd – 518.371.1120
- Edible Arrangements**, 54 Crossing Blvd - 518.373.4280
- Divinitea**, 1604 Route 9 - 518.347.0689
- Ravenswood**, 1021 Route 146– 518.371.8771
- I Love NY Pizza**, 1 Plant Road – 518.383.8800
- Red Robin**, 1 Halfmoon Crossing – 518.348.1536
- Green Grocer**, 1505 Route 9 – 518.383-1613
- Walmart**, 1549 Route 9 – 518.373-8457
- Greecian Gardens**, 1612 Route 9 - 518.373.9950
- Halfmoon Diner**, 231 Grooms Road – 518.371.1177
- Cracker Barrel**, 4 Tower Way – 518.373.8156
- Hannaford**, 19 Clifton Country Road– 518.383.4136
- Sorrentinos**, 240 Grooms Road – 518.371.3479
- Harvest Moon**, 1512 Route 9 – 518.579.0144
- Savemore Beverage**, 1512 Route 9 - 518.371.2520
- 16 Handles**, 5 Southside Drive - 518.982.0659
- The Brick**, 54 Clifton Country Road - 518.383.2222
- Five Guys**, 7 Southside Drive - 518.371.2147
- Caputos**, 1675 Route 9 - 518.383.9800
- Wendy's**, 3 Clifton Country Road - 518.371.4700
- Tai Pan**, 1519 Halfmoon Parkway - 518.383.8581
- TGI Fridays**, 1 Southside Dr - 518.383.7148



**Please
Support our
Sponsors!**

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

Paint and Pastries

Monday, January 14th
2:00 pm - 3:30 pm



"Cardinals in the Snow"
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



Adult Coloring, Coffee & Conversation

1st & 3rd Mondays
10:30 am - 12noon

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. Class lead by Mary Fondacaro.

Creative Jewelry Making Class with Judy



Every other Friday from 12:30 pm - 2:00 pm:
January 11th & 25th
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 10:00 am - 2:00 pm:

Appointment REQUIRED so please call the front desk for Bee's Availability.

Bring an item or two for Bee, she'll fix up your item for free! No drop-offs. Must wait while item is being sewn.



CRAFT CONNECTION with Rosemarie

Wednesdays at 10:00 am:

January 16th: Tea Light Luminary

January 30th: Decorative Vases

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.

Forget-Me-Not Shoppe

Our Center's boutique is open Monday through Friday from 9 a.m. to 4 p.m. We offer a beautiful selection of unique gifts hand-crafted by our artisan members, which include hand quilted, crocheted and knitted items, jewelry, wall hangings, seasonal gifts and much, much, more! Items are reasonably priced and make lovely gifts.

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)



January 7th: Security for Windows and Mac computers

January 14th: Scanning and restoring family photos. Bob will demonstrate how to use a flatbed scanner to digitize family photos (snapshots in both color and black and white; and a studio portrait), plus limited photo restoration.

Bonus session from 1-3 PM: bring up to 3 family photos (loose; not mounted in frames or albums), plus your own new flash drive, and Bob will scan the photos to your flash drive. Limited post-scan editing will be done (file renaming, straightening, cropping, and the "levels" command to correct exposure).

January 21st: No session. Center closed for MLK day.

January 28th: Security for Android devices.

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



NEW!! Free Legal Assistance held at the Clifton Park Senior Community Center.

Need assistance with Health Care Proxy's, Power of Attorney and/or Simple Wills? Need legal advice? Please make an appointment by contacting the Office For the Aging at 518-884-4100 and ask for the legal program. Appointments are required.

SPEED FRIENDING One-on-One

Tuesday, January 22nd

12:30 - 2:00 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!!



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

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.

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, January 4th: No Class

Next support group meeting will be held on:
Friday, February 1st - Speaker TBD

ENTERTAINMENT & THE ARTS

The Capital Dance Orchestra *Formerly known as The Greg Nazarian Band*

7:00pm

Saturday, January 12th
Saturday, February 9th (No Performance)
Saturday, March 9th
Saturday, April 13th
Saturday, May 11th

Come dance and enjoy the music of this 17-piece Dance band playing the sounds of Artie Shaw, Glenn Miller, Benny Goodman, and more.

The cost at the door is \$10 per person, \$5 for members. Open to the Public.

Live Entertainment, Dancing, and Karaoke with Brian Zapel!

7:00 pm

2019 Schedule:
Sunday, March 31st
Sunday, June 30th
Sunday, September 29th
Sunday, December 29th

One man band Brian Zapel delivers his wildly entertaining musical presence and engaging personality to the Center for a night of popular music from the 20's to current day favorites.

Bring your own snacks.

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



Clifton Park Senior Community Center - Community Chorus

Each Thursday from 10 am – 11:30 am our group of happy singers meet. We practice popular songs that are performed at senior centers and nursing homes. We welcome new and enthusiastic voices.

No experience necessary - just a willingness to smile and enjoy the adventure of bringing joy to our audiences. No charge to join. Center membership required. *If you like to sing, please join us!*



January 2019 Art Show at the Clifton Park Senior Community Center

Artist: Frank Coletta

Local artist Frank Coletta will be exhibiting his art work in the gallery of the Clifton Park Senior Community Center in January 2019. His subject matter ranges from animals, landscapes, mountain scenes, waterfalls, winter scenes, abstract landscapes and much more. Mr. Coletta has shown his work nationally and in many of the local galleries. He is also an active member of Saratoga Art in Public Places and the Southern Saratoga Art Society.

For more information, please contact: Show Chairperson Richard Kitchen at rkfineart@gmail.com or 925-858-1367.

RED HAT MAMAS

Wednesday, January 9th, 12:00 pm

Olive Garden, Clifton Park

Please RSVP by calling Jackie at (518) 630-5796 if your last name begins with A-L or Betty at (518) 406-5167 if your last name begins with M-Z. *Red Hat Mamas meet at 12 noon on the 2nd Wednesday of each month.*

SINGLES LUNCH BUNCH

Saturday, January 19th at 12:30 pm the Singles Lunch Bunch group will meet at The Brick Tavern and Grill at 54 Clifton Country Rd. in Clifton Park. Please RSVP to Sandy Nolin at 518-399-5812 or sandra4shen@aol.com.

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

Soul Line Dancing

No Classes to be held in January.

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

2/11 & 2/25

\$6/month

Instructed by Mary & Frank Colby

Space is limited.

Latin Line Dancing:

January Session will be held on:

FRIDAYS from 1:00 pm - 2:00 pm:

1/11, 1/18, 1/25

\$10/month

Instructed by Ray Nunez & Mark Nunez

Space is limited.

Tap Intermediate: *Mondays from 9:00 - 10:00 am on 1/7, 1/14, 1/28, 2/4, 2/11, 2/25 - \$30.00 for 6-week session - Instructed by Janet Murphy*

Chair Yoga: *Mondays from 10:00 - 11:00 am on 1/7, 1/14, 1/28, 2/4, 2/11, 2/25 - \$42.00 for 6-week session - Instructed by Bonnie Furlong, RN*

Jazz Dance: *Mondays from 10:00 - 10:45 am on 1/7, 1/14, 1/28, 2/4, 2/11, 2/25 - \$24.00 for 6-week session - Instructed by Janet Murphy*

Tai Chi: *Tuesdays from 10:00 am - 11:00 am on 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/26 - \$49.00 for 7-week session - Instructed by Bonnie Furlong, RN*

Tap Advanced: *Fridays from 9:00 - 10:00 am on 1/11, 1/18, 1/25, 2/1, 2/8, 2/15 - \$30.00 for 6-week session - Instructed by Janet Murphy*

Ballet: *Fridays from 10:00 - 10:45 am on 1/11, 1/18, 1/25, 2/1, 2/8, 2/15 - \$24.00 for 6-week session - Instructed by Janet Murphy*

Seated Tai Chi

Free class and demonstration:

Tuesday, January 8th at 2:15 pm

Sign up now! Space is limited!

4-week Session for \$28.00:

Tuesdays, 2:15 - 3:15 pm - 1/15, 1/22, 1/29, 2/5

Seated Tai Chi: This adaptation of Tai Chi 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. Instructed by Rich Martin.

GAME ON!



Game On!



MONDAY

Bocce 10 - 11:30 am (weekly from May - Oct)

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 - 1/3 (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 - 1/11, 1/18 & 1/25

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



Friday, January 4, 2019

MOVIE As Good As It Gets starring Jack Nicholson, Helen Hunt, Greg Kinnear. Comedy. Approx. 139 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.

WSN
WEALTH
SOLUTIONS
NETWORK

RAYMOND JAMES®



Kevin K. Marin

President | Wealth Solutions Network
Registered Principal | RJFS

Address: 19 Clifton Country Road, Suite 3B
Clifton Park, NY 12065

Phone: 518-783-6809

Fax: 866-203-1676

Email: Kevin.Marin@RaymondJames.com

Web Address: www.KevinMarin.com

Securities offered through Raymond James Financial Services, Inc., member FINRA/SIPC. Investment advisory services are offered through Raymond James Financial Services Advisors, Inc. Wealth Solutions Network is not a registered broker/dealer and is independent of Raymond James Financial Services.

Sonya Chandler

Independent Licensed Insurance Broker

"Specializing in Medicare Health Plans"

"Helping Seniors with Health Insurance Options"

A FREE COMMUNITY SERVICE for Over 10 Years

Capital Region of NY • (518) 364-0162

SonyaAChandler@gmail.com

A TRADITION OF SUPERIOR CARE IN

*Assisted Living &
Enhanced Assisted Living*

*A Choice Instead
of a Nursing Home*



Our Enhanced Living Offers:

- Physical assistance with ambulation and transferring
- Assistance with ADLs including: bathing, showering and feeding
- Medication management and skilled nursing tasks
- Blood Glucose Monitoring
- Catheter/Foley Care

Home of the
Good Shepherd

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

MOREAU
198 Bluebird Rd.
Moreau, NY
(518) 792-1000

SARATOGA
400 Church Street
Saratoga Springs, NY
(518) 450-7360

WILTON
60 Waller Rd.
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* (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 Duplicate Bridge Lesson 10-11:00 am Tai Chi 10-11:00 am Dice: LCR or Dice 3000* 10-12 pm (every week) 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 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 (1st Friday of Month) 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.

Many
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.

We provide comprehensive support for current and future needs all on one campus, so our residents can live active lives and look forward to the future with peace of mind.

Outstanding coordinated care, all on one campus: that's the Kingsway difference.



KINGSWAY MANOR ASSISTED LIVING
WAS AWARDED THE 2017
NATIONAL SILVER QUALITY AWARD
FROM THE AMERICAN HEALTH CARE
ASSOCIATION/NATIONAL CENTER
FOR ASSISTED LIVING.



Skilled Nursing | Rehabilitation | Assisted Living
Memory Care | Senior Apartments | Home Care
Adult Day Program | Respite

323 Kings Road, Schenectady, NY 12304 | 518.393.8800 | kingswaycommunity.com

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.

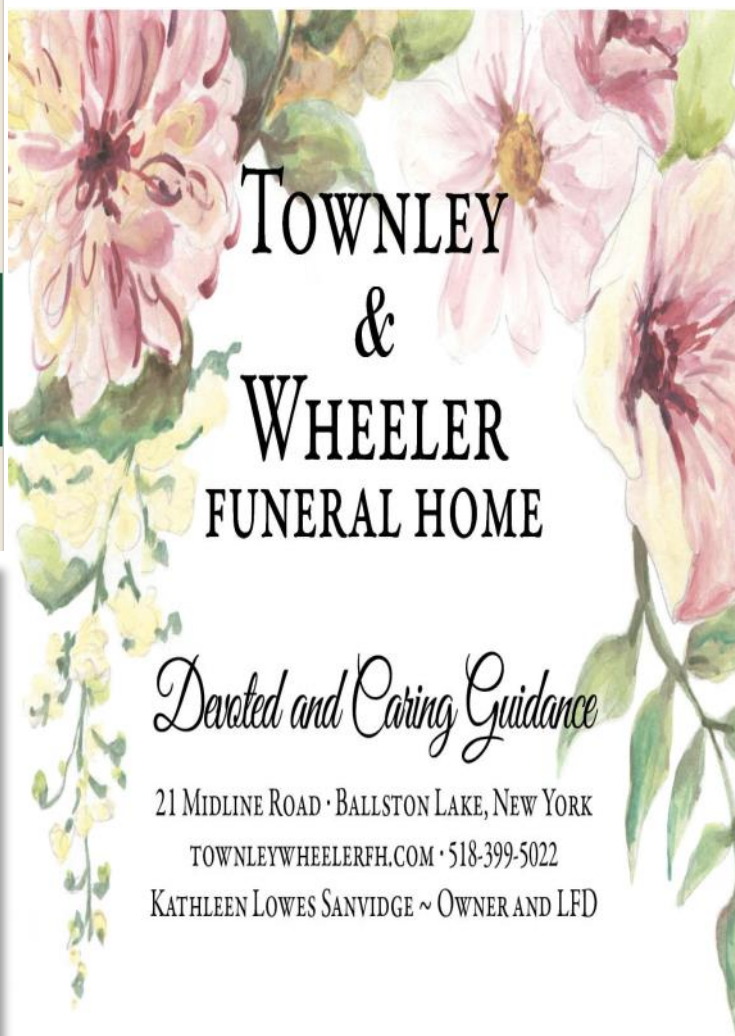
Y0019_16_0864 Accepted

ReWIRE ENERGY

153 Regent St., Saratoga Springs (518) 290-3130

Free Residential Energy Assessment

Lower Your Energy Bills and
Enjoy Greater Home Comfort



TOWNLEY & WHEELER FUNERAL HOME

Devoted and Caring Guidance

21 MIDLINE ROAD • BALLSTON LAKE, NEW YORK

TOWNLEYWHEELERFH.COM • 518-399-5022

KATHLEEN LOWES SANVIDGE ~ OWNER AND LFD

**Home
Instead**
SENIOR CARE®
To us, it's personal.

We're by your side so your
loved one can stay at home.

Call for a free,
no-obligation appointment

518.580.1042

HomeInstead.com/341



The Witecki Law Office
8 South Church Street, Schenectady, NY 12305
518-372-2827, www.WiteckiLaw.com

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

Schedule a free consultation with us.
Glenn provides free consultations every third
Thursday of the month at the Clifton Park Senior
Center, or in his Office any time.
Home visits can be arranged, if needed.



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.

DIVORCE & FAMILY LAW



DONNELLAN & KNUSSMAN PLLC
ATTORNEYS AT LAW

658 MALTA AVE, SUITE 201
BALLSTON SPA, NY 12020

(518) 309-6094



MVP Health Care®
is here to help.

Sheila Rivera

MVP Health Care®
Medicare Products Advisor

srivera@mvphealthcare.com

518-388-2251

 mvphealthcare.com





DKLAWFIRMNY.COM

SARATOGA COUNTY OFFICE FOR THE AGING - JANUARY 2019 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 CLOSED	2	3	4 <i>New Year's Special</i>
		Roast Pork w/Gravy & Mashed Potatoes Brussels Sprouts Warm Apple Crisp	Baked Chicken w/Gravy Brown Rice Vegetable Trio Fruit Cocktail	Meat & Cheese Lasagna Sonoma Blend Garlic Roll Frosted Holiday Cake
7	8	9	10	11
Chicken Divan Rice Spinach Pears	Baked Fish w/ Tarragon Sauce Oven Browned Potatoes Mixed Vegetables Yogurt	Eggplant Rollatini w/Meat Sauce Pasta w/ Marinara Sauce Wax Beans Chocolate Cookies	Meatloaf w/Gravy Mashed Potatoes Peas Fruit Jell O w/Whipped Topping	Open Face Hot Turkey Sandwich Butternut Squash Warm Cranberry Crunch
14	15	16	17	18
Chicken w/Orange Glaze Sauce Rice Sonoma Blend Vegetables Plum Fruit	Sloppy Joe Casserole Peas & Carrots Warm Cornbread Yogurt	Hearty Beef Vegetable Soup Brussels Sprouts Warm Biscuit Peaches	Italian Stew Oven Browned Potatoes Lima Beans Chocolate Pudding W/ Whipped Topping	Tuna Salad Cold Plate Macaroni Salad Marinated Green Beans Fresh Orange
21	22	23	24	25
Closed for Martin Luther King Jr. Day	Herb Chicken w/Gravy Stuffing Butternut Squash Mandarin Oranges	Pork Loin w/Cranberry Mustard Sauce Red Bliss Potato Vegetable Trio Pears	Baked Fish w/Picatta Sauce Over Brown Rice Spinach Warm Apple Cobbler	Stuffed Shells w/ Meat Sauce Wax Beans Peas Chocolate Cookies
28	29	30	31	
Apple Glazed Pork Mashed Sweet Potatoes Cabbage Dinner Roll Fruit Cocktail	Spanish Beef & Rice Casserole Carrots Warm Cornbread Pears	Chicken & Biscuit Broccoli Mandarin Oranges	Roast Beef w/Gravy Mashed Potatoes Sonoma Vegetables Apricot Whip	

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!!

Watch for our next multi day trip departing June 7th, 2019: **Washington, DC - Our Nation's Capital**

-Guided Tour of Washington, DC including the WW II Memorial, Capitol Hill, Embassy Row, the Korean War Veterans Memorial, the Vietnam Veterans Memorial, the Martin Luther King, Jr. National Memorial, the Lincoln Memorial, and more!

-Admission to George Washington's Mount Vernon Estate & Garden

-The NEW MUSEUM OF THE BIBLE! 430,000 Square Feet of Biblical History

Multi Day Trip



MORE INFO COMING SOON!!

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

CLIFTON PARK SENIOR COMMUNITY CENTER REFUND POLICY

All refund requests must be in writing and received 10 days prior to start of the program. **There will be NO refunds after this time.** There will be a \$10 non-refundable charge on all refunded registrations. There is a NO REFUND policy with trips & dinners, unless cancelled by the Center.

SUE



RAINA



DONOVAN



SHIRLEY



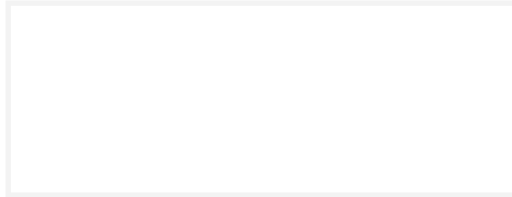
ROSE



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
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.