



# Clifton Park Senior Community Center

## Monthly Newsletter

February 2019

### 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/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

**PRESIDENT'S DAY:**  
MONDAY, 2/18



## The Snow Ball



at the Clifton Park Senior Community Center

MONDAY, FEBRUARY 11<sup>TH</sup> - DOORS OPEN AT 5:30 PM  
\$10 MEMBERS / \$15 NON-MEMBERS

Food prepared by:

Home of the  
*Good Shepherd*

- ♦ Finger Sandwiches ♦ Fruit & Cheese Display ♦
- ♦ Crudité Platter ♦ Stuffed Mushrooms ♦ Scallops Wrapped in Bacon ♦
- ♦ Sweet & Sour Meatballs ♦ Pigs in a Blanket ♦
- ♦ Assortment of Mini Cheese Cakes & Gourmet Cupcakes ♦

*We Do Fondue*  
We Go With The Flow

- ♦ Chocolate Fondue ♦ Punch Fountain ♦

Live entertainment and dancing with  
**The Capital Dance Orchestra**  
(formerly the Greg Nazarian Band)



Please sign up at the front desk. Space is limited.

# News & Events



Friday, February 1st	11:00am	Diabetes Support Group
Thursday, February 7th	All Day	Fundraising with Friendly's for Service Project Event on 3/20/19
Friday, February 8th	All Day	Fundraising with Friendly's for Service Project Event on 3/20/19
Fridays, February 8th & 22nd	12:30pm	Creative Jewelry Making Class with Judy
Friday, February 8th	1:00pm	Latin Line Dancing - February Session Begins
Monday, February 11th	1:00pm	Soul Line Dancing - February Session Begins
Tuesday, February 12th	12:15pm show	VAN TRIP: "I Have a Dream" at Proctors Mainstage
Tuesday, February 12th	2:15pm	Seated Tai Chi - New Session Begins
Wednesdays, February 13th & 27th	1:00pm	Service Project: To Love a Child Foundation
Wednesdays, February 13th & 27th	10:00am	Craft Connection with Judy
Thursday, February 14th	12:30pm - 2pm	Valentine's Day Celebration with punch & goodies in the Lobby
Tuesday, February 19th	12:30pm	Speed Friending: One-on-One
Wednesday, February 20th	12:30pm	The End of Newspapers? CP Author & Journalist Michael DeMasi Talks About the News Media Today
Tuesday, February 26th	10:00am show	VAN TRIP: "A Friend of a Friend: Tales of the Underground Railroad" Proctors GE Theater
Tuesday, February 26th	1:00pm	MVP Zumba Gold Begins
Friday, March 15th	10:00am show	VAN TRIP: "Winston Churchill: the Blitz" at Proctors GE Theater
Monday, March 18th	12:30pm - 2pm	St. Patrick's Day Celebration
Wednesday, March 20th	1:00pm	Service Project: Spring Birthday Party Bash to benefit the Jonesville Food Pantry
Saturday, March 23rd	ALL Day	Spring Book Sale
Sunday, March 24th	ALL Day	Spring Book Sale
Thursday, April 18th	10:00am	Golf League Meeting
May 31st - June 3rd	Multi Day	<b>TRIP: Thousand Islands Adventure</b>
October 2019	Multi Day	<b>TRIP: Washington, DC</b>



**Thank you to those who have taken the time to renew their membership.**  
**If you have not done so yet, please plan to renew soon so you don't miss a newsletter!**

The cost of membership at the Center is only \$15 annually. **All memberships expired December 31, 2018,** regardless of when you joined. Membership Highlights:

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

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



# Educate ☆ Entertain ☆ Explore

Formerly “Lunch & Learn”

*Presentations begin at 12:30 pm  
Preregistration required at the front desk.  
Membership Not Required.*



## **Wednesday, February 20<sup>th</sup> 12:30pm**

**The End of Newspapers?** Clifton Park Author and Journalist Talks About the News Media Today

Michael DeMasi has worked as a newspaper reporter in the Capital Region for more than 25 years. He will discuss the history of newspapers in the US, how the industry has changed, share his personal experiences in journalism and the trends he's observed. He will also read from his new book, 'What They Said: 25 Years of Telling Stories.'

*Should you wish to enjoy lunch at the Center prior to the presentation, you must **sign up separately with the kitchen at (518) 383-1343**, no later than 12noon the day before. Congregate Lunch is provided by the Saratoga County Office for the Aging . Lunch is served promptly at 12noon.*

## News & Events



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



*Come check out our DVD collection in our Library.  
**Free Rentals.***

### **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 administrative charge on all refunded registrations.*

*There is a NO REFUND policy with trips & dinners, unless cancelled by the Center.*



*A very special **THANK YOU** to all our volunteers!*  
 It is through your dedication and hard work that the Center is as fantastic & successful as it is!  
 You truly all make a difference!

*Thank you to **Jersey Mike's Subs, Olive Garden Italian Kitchen and Buffalo Wild Wings** for your generous donation of subs, salads & wings for our Volunteer Recognition Luncheon.*



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

**Creative Jewelry Making Class with Judy**

Every other Friday from 12:30 pm - 2:00 pm:  
**February 8th & 22nd**  
 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 Judy**

Wednesdays at 10:00 am:  
**February 13th: Valentine's Day Craft**  
**February 27th: Boo Boo Bunny**  
 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.

**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.

## Service Projects

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

#### **Wednesdays from 1:00 - 3:30 pm - February 13th & February 27th**

We still 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.)

### Spring Birthday Party Bash

#### **Wednesday, March 20th at 1:00 pm**

We are collecting birthday party supplies to offer birthday bags for the children at the Jonesville Food Pantry. We would like any leftover stuff from your grandchildren's parties. (ie. Barbie plates? Ninja napkins? Toy Story cups? Anything that is unused-partial packages are great. Plain colorful paper products are fine too).

We will then have a Birthday Party on Wednesday March 20<sup>th</sup> at 1pm. We will decorate bags and fill them with a Cake Mix, Frosting, Candles and supplies to have a small birthday party with their family or friends. You'll be invited to come play some games, have some cake and ice cream, and do a great project for local children that might not have a birthday celebration otherwise. This is a party for us and a party later on for the children. Please feel free to bring in anything that you can contribute for the Birthday Party Bags. The children will love it!

**Be sure to go to eat at Friendly's February 7th & 8th.**

**This fundraising event will help to ensure some nice items for our birthday bags!**



## FUNRAISING WITH *Friendly's*

Bring in this certificate and 20% of your check will be donated to:

Jonesville Food Pantry- Birthday Bag Project  
Thursday & Friday February 7th and 8th All Day

815 Rt 146 Clifton Park, NY 12065  
(518) 371-1273

Please present coupon to server when ordering. Not valid for use in conjunction with any other discount or promotional offer. Limit one coupon per party per visit. Unauthorized reproduction or resale of this coupon is prohibited, including on Internet websites. Valid only at participating Friendly's. Sales tax applies where required.



## FUNRAISING WITH *Friendly's*

Bring in this certificate and 20% of your check will be donated to:

Jonesville Food Pantry- Birthday Bag Project  
Thursday & Friday February 7th and 8th All Day

815 Rt 146 Clifton Park, NY 12065  
(518) 371-1273

Please present coupon to server when ordering. Not valid for use in conjunction with any other discount or promotional offer. Limit one coupon per party per visit. Unauthorized reproduction or resale of this coupon is prohibited, including on Internet websites. Valid only at participating Friendly's. Sales tax applies where required.



# 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>Bocce* (May - Oct)</b> 10-11:30 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>Beginner Clogging</b> 11-11:45 am  <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>Seated Tai Chi</b> 2:15-3:15 pm  <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 "Seniorize"*</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>Social Bridge</b> 10-12noon  <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  <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.*

## 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)



**February 4th:** Dealing with photos on iPhone and iPad and Mac (iCloud photos). Life cycle of an iCloud photo from taking a picture, to editing, to backing up, to deleting. File formats HEIF vs. JPEG. With a glance at videos.

**February 11th:** Buying a computer or tablet (with a bit of info on cell phones)

**February 18th:** No session. Center closed for President's Day

**February 25th:** Choosing a cloud file sharing service (Dropbox, Google Drive, Apple iCloud, Microsoft OneDrive)

\*\*\*\*\*

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

### **SPEED FRIENDING One-on-One**

Tuesday, February 19th

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!!***

### 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.



**NEW!!**

### **Free Legal Assistance held at the Clifton Park Senior Community Center.**

Need assistance with Health Care Proxies, Powers of Attorney and/or Simple Wills?  
Need general legal advice?

Please make an appointment by contacting the Office For the Aging at 518-884-4100 and ask for the legal program. Appointments required.

**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, February 1st** - Lori Prock from Saratoga County Public Health will be here to discuss "Planning for an Emergency with Diabetes."

## **RAVENSWOOD**

**"You're Always Home at The Wood"**

Tavern, Bar, Grill, Catering & Banquets  
1021 Rt 146 Clifton Park NY 12065  
Phone: 518-371-8771 Ravenswoodpub.com  
Email: [ravenswoodpub@outlook.com](mailto:ravenswoodpub@outlook.com)  
Follow us on Facebook

## ENTERTAINMENT & THE ARTS

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

7:00pm

**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!*



**February 2019 Art Show at the Clifton Park Senior Community Center**  
**Artist: Maria Tsai**

Artist Maria Tsai will be exhibiting her art work in the gallery of the Clifton Park Senior Community Center in February 2019. She is a local artist from Clifton Park. Her paintings are well received in various galleries in the Albany area and widely praised for her grasp of picture composition and her particular delivering of lighting to the subjects..

*For more information, please contact: Show Chairperson Richard Kitchen at [rkfineart@gmail.com](mailto:rkfineart@gmail.com) or 925-858-1367.*

### RED HAT MAMAS

**Wednesday, February 13th, 12:00 noon**  
**Grecian Gardens Pizza & Restaurant,**  
1612 Route 9, 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, February 16th at 12:30 pm** the Singles Lunch Bunch group will meet at Ravenswood at 1021 Route 146. Clifton Park. Please RSVP by Wed., 2/13 to Sandy Nolin at 518-399-5812 or [sandra4shen@aol.com](mailto:sandra4shen@aol.com). We will order off the menu and get separate checks.

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

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

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:***

February Session will be held on:  
**FRIDAYS from 1:00 pm - 2:00 pm:**  
2/8, 2/15, 2/22  
***\$10/month***

*Instructed by Ray Nunez & Mark Nunez*  
Space is limited.

**Seated Tai Chi:** *Tuesdays from 2:15 - 3:15 pm on 2/12, 2/19, 2/26, 3/5* - \$28.00 for 4-week session - Instructed by Rich Martin

**Beginner Clogging:** *Mondays from 11-11:45am on 3/4, 3/11, 3/18, 3/25, 4/1, 4/8* - \$42.00 for 6-week session - Instructed by Fran Beaudoin

**Intermediate Clogging:** *Mondays from 12-12:45pm on 3/4, 3/11, 3/18, 3/25, 4/1, 4/8* - \$42.00 for 6-week session - Instructed by Fran Beaudoin

**Chair Yoga:** *Mondays from 10-11:00am on 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15* - \$49.00 for 7-week session - Instructed by Bonnie Furlong, RN

**Tai Chi:** *Tuesdays from 10-11:00am on 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/16* - \$49.00 for 7-week session - Instructed by Bonnie Furlong, RN

**Tap Intermediate:** *Mondays from 9:00 10:00 am on 3/11, 3/18, 3/25, 4/1, 4/8, 4/15* - \$30.00 for 6-week session - Instructed by Janet Murphy

**Jazz Dance:** *Mondays from 10:00-10:45 am on 3/11, 3/18, 3/25, 4/1, 4/8, 4/15* - \$24.00 for 6-week session - Instructed by Janet Murphy

**Ballet:** *Fridays from 10:00-10:45 am on 3/8, 3/15, 3/22, 3/29, 4/5, 4/12* - \$24.00 for 6-week session - 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.



### **Golf League Meeting to be held on Thursday, April 18th at 10:00am**

The Center has an active Golf League that plays at the Town's Par 3 course on Barney Road. We are currently looking for new golfers (singles and couples) to join the mixed Clifton Park Senior Community Center Golf League. If interested, please plan to join us at our meeting on April 18th!

### **MVP Zumba Gold®**

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

**Date:** Tuesdays, February 26th through April 2nd

**Time:** 1:00pm - 1:45pm

Space is limited. Please stop by the front desk or call the Center at (518) 383-1343 to register for the **first class**. Registration for weekly classes will be accepted each week during class, for the following week.

*This MVP Living Well Program is free, compliments of MVP Health Care*

# 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 - 2/7 (First Thurs. of month)

### FRIDAY

**Dominoes** 10 - 11:30 am (weekly)

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

**Social Bridge** 10 - 12noon (weekly)

**BINGO** 12:30 pm - 2/8, 2/15, 2/22

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



Friday, February 1, 2019

**MOVIE: While You Were Sleeping**

Starring Sandra Bullock, Bill Pullman.

PG. Romance/Comedy.

1hr 43min

*\*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 with the kitchen (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

# 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

## DIVORCE & FAMILY LAW



**DONNELLAN & KNUSSMAN** PLLC  
ATTORNEYS AT LAW

658 MALTA AVE, SUITE 201  
BALLSTON SPA, NY 12020

**(518) 309-6094**



**DKLAWFIRMNY.COM**

**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](http://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.

**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](http://kingswaycommunity.com)



**MVP Health Care®**  
is here to help.

**Sheila Rivera**

MVP Health Care®

Medicare Products Advisor

[srivera@mvphealthcare.com](mailto:srivera@mvphealthcare.com)

518-388-2251



 [mvphealthcare.com](http://mvphealthcare.com)



**SARATOGA COUNTY OFFICE FOR THE AGING - FEBRUARY 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
<p><i>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</i></p>				<p><b>1</b> Tuna Noodle Casserole Warm Biscuit Peas &amp; Carrots Fresh Orange</p>
<p><b>4</b> Fish Florentine over Brown Rice Sonoma Vegetables Warm Berry Crunch</p>	<p><b>5</b> Five Spice Chicken Cubed Sweet Potato Beets Dinner Roll Pears</p>	<p><b>6</b> Pasta w/Meatballs Mixed Vegetables Parmesan Cheese Plum Fruit</p>	<p><b>7</b> Turkey W/Gravy Stuffing Broccoli Apricot Whip</p>	<p><b>8</b> Egg Salad on Wheat Marinated Green Beans Coleslaw Mandarin Oranges</p>
<p><b>11</b> Baked Chicken w/Gravy Mashed Sweet Potato Vegetable Trio Fruit Cocktail</p>	<p><b>12</b> Roast Pork w/Gravy &amp; Mashed Potatoes Brussels Sprouts Warm Apple Crisp</p>	<p><b>13</b> Goulash Broccoli Warm Cornbread Pineapple</p>	<p><b>14 Valentine's Day Special</b>  Chicken Parmesan Pasta w/Sauce Zucchini &amp; Yellow Squash Garlic Roll Cheesecake w/Cherry Topping</p>	<p><b>15</b> Chili Rice Wax Beans Peaches</p>
<p><b>18 CLOSED</b></p>	<p><b>19</b> Baked Fish w/Tarragon Sauce Rice Broccoli Yogurt</p>	<p><b>20</b> Meatloaf w/Gravy Mashed Sweet Potatoes Warm Cranberry Crunch</p>	<p><b>21</b> Chicken Divan Oven Browned Potatoes Spinach Pears</p>	<p><b>22</b> Roast Beef w/Gravy Mashed Potatoes Peas Fruit Jell O w/Whipped Topping</p>
<p><b>25</b> Breaded Fish on Bun Tartar Sauce Carrots Coleslaw Warm Berry Crisp</p>	<p><b>26</b> Chicken w/Orange Glaze Sauce Brown Rice Sonoma Blend Vegetables Plum Fruit</p>	<p><b>27</b> Hearty Beef Vegetable Soup Brussels Sprouts Warm Biscuit Peaches</p>	<p><b>28</b> Italian Stew Rice Wax Beans Chocolate Pudding W/Whipped Topping</p>	



  
**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

## News & Events



**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.



*Have you visited our **Reading Nook** located in the Library? There are sections for mystery, romance, and hard covers which include romance, fiction & nonfiction. Currently featuring books published in 2017, 2018, and 2019.*

*The large print books include all years published.*



### AARP Tax Assistance

TaxAide, the free income tax assistance program sponsored by AARP Foundation and the IRS, is offering free income tax services again this year! We are currently accepting appointment requests for appointments beginning on February 4th. **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!

**VAN TRIPS:** Drive yourself or if needed take our 12 passenger Senior Van

## at PROCTORS

### 'I Have a Dream' At Proctors Mainstage

Tuesday, February 12 ~ 12:15pm show

Drive yourself or if needed take our 12 passenger Senior Bus which departs 10:00 am – Return 2:15 pm  
*We will have lunch on State St in Schenectady. Bring a lunch or enjoy nearby choices: Apostrophe at Proctors, Subway next door or Nico's Pizzeria (across the street).*

### A Friend of a Friend: Tales of the Underground Railroad At Proctors GE Theater

Tuesday, February 26 ~ 10:00 am show

Drive yourself or if needed take our 12 passenger Senior Bus which departs 8:45 am – Return 11:30 am

### Winston Churchill: The Blitz At Proctors GE Theater

Friday, March 15 ~ 10:00 am show

Drive yourself or if needed take our 12 passenger Senior Bus which departs 8:45 am – Return 11:30 am

**Each Show costs: \$10/member \$12/non-member**

## BUS TRIPS

# THOUSAND ISLANDS ADVENTURE

4 DAYS - 3 NIGHTS  
MAY 31 - JUNE 3, 2019

**\$569.00 Per Person**  
*Double Occupancy*  
**\$699.00 Per Person**  
*Single Occupancy*  
**\$30 additional per person for  
non-members**

### PACKAGE INCLUDES:

- \* 3 Nights Lodging at the Colonial Resort & Spa
- \* 3 Breakfasts
- \* 3 Dinners
- \* Welcome Punch Orientation
- \* 2 1/2 Hour Cruise of the 1000 Islands
- \* Kingston City Tour
- \* 1000 Islands Tower
- \* Upper Canada Village
- \* Shorelines Casino 1000 Islands
- \* Use of Resort's Facilities: Indoor Heated Pool, Steam Room, sauna, Whirlpool Spa, & More
- \* 2 nights of Live Entertainment
- \* Local Tour Escort
- \* Souvenir Gift
- \* Luggage Handling
- \* Taxes & Meal Gratuities
- \* Motor Coach Transportation



Valid passport required when traveling into Canada



Cancellation insurance available; see reverse side for details

**FOR INFORMATION AND RESERVATIONS CONTACT:**

**CLIFTON PARK SENIOR COMMUNITY CTR.**

Watch for our next multi day trip **now departing in October 2019:**  
**Washington, DC - Our Nation's Capital**

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

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

PRSR 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.