



# Clifton Park Senior Community Center

## Monthly Newsletter

March 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/](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

**MEMORIAL DAY:  
MONDAY, 5/27**



Join us as we spring into the new season at the  
**Clifton Park Senior Community Center**

## March Dinner Featuring: **COBURG VILLAGE**

**Monday, March 18th  
5:30 pm**

**\$10 Members/ \$15 Non Members**

Gourmet Salad \* Garlic Bread  
Slow Roasted Pork Loin \* Baked Ziti with Ricotta  
Roasted Herb Potatoes \* Roasted Vegetable Medley  
Chocolate Chip Cannoli

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



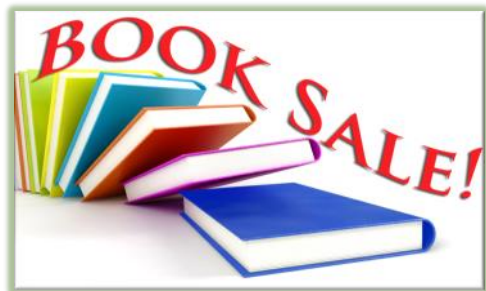
# News & Events



Friday, March 1st	12:30pm	Movie: Donovan's Reef
Thursday, March 14th	12:30pm	EEE: Gardening Ease for Creaky Knees - Carrie Whitelaw, HTR
Friday, March 15th	10:00am show	VAN TRIP: "Winston Churchill: the Blitz" at Proctors GE Theater
Friday, March 15th	1:00pm	Orchestra on the Common Concert
Monday, March 18th	12:30pm - 2pm	St. Patrick's Day Celebration
Monday, March 18th	5:30pm	Dinner: Provided by Coburg Village
Tuesday, March 19th	12:30pm	Speed Friending One-on-One
Wednesday, March 20th	1:00pm	Service Project: Spring Birthday Party Bash to benefit the Jonesville Food Pantry
Thursday, March 21st	12:30pm	EEE: Understanding Alzheimer's and Dementia
Friday, March 22nd	1:00pm	Swing Band Concert
Saturday, March 23rd	9:00 am - 4:00pm	Spring Book Sale
Sunday, March 24th	11:00am - 3:00pm	Spring Book Sale
Wednesday, March 27th	12:30pm	EEE: Laughing Matters: Tales to Tickle Your Funny Bone Presented by Kate Dudding
Friday, March 29th	12:30pm - 2:30pm	Health Screening Clinic offered through Saratoga County Public Health
Thursday, April 18th	10:00am	Golf League Meeting
Tuesday, April 30th	8:00am departure	<b>TRIP: West Point Tour</b>
Monday, May 13th	8:00am departure	<b>TRIP: Riverview Inn, Matamoras, Pennsylvania</b>
May 31st - June 3rd	Multi Day	<b>TRIP: Thousand Islands Adventure</b>
Saturday, June 5th	9am - 3pm	Indoor Antique - Flea Market - Garage Sale
Wednesday, June 26th	10:30am departure	<b>Trip: Barrington Stage Co., Pittsfield, Mass "Into the Woods"</b>
October 10th - October 14th	Multi Day	<b>TRIP: Washington, DC</b>

## 2-DAY Spring Book Sale Clifton Park Senior Community Center

**Saturday, March 23rd from 9am-4pm**  
**Sunday, March 24th from 11am-3pm**



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

## INDOOR Antique - Flea Market - Garage Sale Clifton Park Senior Community Center

**Saturday, June 15th from 9am - 3pm**

### **CALLING ALL MEMBERS!!!**

Take this opportunity to sell your items at this one day event. \$10 deposit required to reserve an 8' table.

Deposit will be refunded on the day of the event, to all participating members.

Advanced registration required.

Tables are limited.



# Educate ☆ Entertain ☆ Explore

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

## Thursday, March 14h

### **TOPIC: Gardening Ease for Creaky Knees**



This informative workshop is not just for older gardeners but any gardener who is interested in preventing the discomfort caused by the stress and strain of conventional gardening. Learn adaptive techniques and strategies to make your gardening experience easier. Experience new tools and technologies that promote ergonomically correct positioning and motion. Create more accessible garden spaces with a variety of ideas for elevating your plantings in raised beds and containers. You will come away from this presentation ready to adapt your present garden to suit your personal abilities without compromising aesthetics or your gardening pleasure.

Presented by: **Carrie Whitelaw, HTR.** Carrie Whitelaw is a registered horticultural therapist with the American Horticultural Therapy Association. She facilitates growing abilities through gardening at the Unlimited Garden, an enabling garden created by Cornell Cooperative Extension of Saratoga County in Ballston Spa, NY.

## Thursday, March 21st

### **TOPIC: Understanding Alzheimer's and Dementia**



Please join us for this education presentation which will touch upon the following:

- \* Impact of Alzheimer's
- \* The difference between Alzheimer's and Dementia
- \* Alzheimer's disease stages and risk factors
- \* Alzheimer's Association resources
- \* Current research and treatments available to address some symptoms

Presented by: Kathryn Keary from the Alzheimer's Association, Northeastern NY Chapter

## Wednesday, March 27th

### **TOPIC: Laughing Matters: Tales to Tickle Your Funny Bone**



Award-winning storyteller (and Clifton Park Senior Community Center member) Kate Dudding has been telling stories for over 20 years in the Northeastern USA. Many of her five CD's have received a national storytelling award. In 2010, she won the story slam (competition) at the National Storytelling Conference in Los Angeles.

Visit her web site [www.KateDudding.com](http://www.KateDudding.com) to watch her tell some of her 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.*

# A Sincere Thanks

*Thank you to Home of the Good Shepherd for an amazing catered event at our February's Snow Ball. Craig Wander from We Do Fondue provided an amazing chocolate fountain & punch display, and we all enjoyed the exceptional musical entertainment from the Capital Dance Orchestra. A thank you to our hard working Center volunteers as well as Dr. Zhang and some of her students for their assistance with set-up, serving and clean-up.*



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- Catheter/Foley Care



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homeofthegoodshepherd.com



If foxtrots, waltzes, jitterbugs, cha-chas, tangos, rumbas and polkas are your kind of music, then this is the group to hear.

This 14-piece band plays regularly at the Clifton Park Senior Community Center from 7pm-10pm on the second Saturday of each month.

For information, please call:  
518-858-9615  
email: jrockstra@nycap.rr.com

## Service Projects

### 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. If you've had a birthday in the last 12 months, it's your birthday today! 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!



### Health Screening Clinic

**FRIDAY, MARCH 29th**

**1:30pm - 3:30pm**

Nurses from Saratoga County Public Health will be providing complimentary blood pressure, glucose and cholesterol screening for seniors.

***No appointment necessary but sign up in advance is required.***

Sponsored by Saratoga County Office for the Aging

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

### Craft Connection with Rosemarie

Wednesdays at 10:00 am:  
**March 13th & March 27th**

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

### Creative Jewelry Making Class with Judy

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

### **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.*

# 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 (monthly)  <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)



**March 4:** Improving security when logging on to sensitive web sites using a combination of complex, secure, unique passwords (yes, passwords can be fun) and 2-factor authentication; also, a look at using a password manager and an "authenticator" like Authy (what's that??)

**March 11:** Turn-by-turn GPS navigation (iPhone or Android phone): Google Maps, Apple Maps, Waze. (Note: This is typically on a cell phone, but can be on a GPS-enabled tablet that has a data plan.)

**March 18:** An introduction to Google Photos

**March 25:** Texting

\*\*\*\*\*

**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, March 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!!*

**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.

**Friday, March 1st:** No Meeting

**Friday, April 5th:** Diane Whitten, Cornell Cooperative Extension will discuss Nutrition



**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.



*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.*

*\*Free DVD Rentals\**



# Upcoming Center Concerts



## Orchestra on the Common Concert

Friday, March 15th  
1:00 pm

## Swing Band Concert

Friday, March 22nd  
1:00 pm



**March 2019 Art Show at the  
Clifton Park Senior Community Center  
Artists: Jean Skanes and James P. Jameson**

Jean Skanes, a watercolor artist who primarily paints landscapes and rustic scenes, will be showing her works as well as selected works by her late father, James P. Jameson (1921-1991). Jameson, an accomplished artist with memberships in the prestigious Copley Society and the New England Watercolor Society, exhibited his work extensively throughout the northeast during his lifetime. He was represented by multiple galleries and was the winner of numerous prizes and awards for both his watercolors and oil paintings.

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

## The Capital Dance Orchestra

**7:00pm**

**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.*

## **RED HAT MAMAS**

**Wednesday, March 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, March 16th at 12:30 pm** the Singles Lunch Bunch group will meet at The Raindancer Restaurant, 4582 St. Highway 30, Amsterdam.

We will have a choice of Corn Beef and Cabbage or order off the menu and get separate checks. Let's celebrate St. Patrick's Day and wear a little green. Please RSVP by Wed., 3/13 to Sandy at 518-399-5812 or [sandra4shen@aol.com](mailto:sandra4shen@aol.com).

## 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:**  
3/4, 3/11, 3/18, 3/25  
***\$10/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:**  
3/8, 3/15, 3/22  
***\$10/month***

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

### **Seated Tai Chi:**

**Tuesdays from 2:15 - 3:15 pm**  
3/19, 3/26, 4/2, 4/19  
\$28.00  
4-week session instructed by Rich Martin

### **Beginner Clogging:**

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

### **Intermediate Clogging:**

**Mondays from 12noon - 12:45am**  
3/4, 3/11, 3/18, 3/25, 4/1, 4/8  
\$42.00  
6-week session instructed by Fran Beaudoin

### **St Peter's Health Partners Senior-cize "Senior Screening Program" Begins Thursday, April 11th 11:00am - 12:00pm**

Are you active, but your "aches and pains" are keeping you from doing what you would like to do? Physical Therapists from St Peter's Health Partners Physical Rehabilitation will provide a free 10 week group exercise program to fit your individualized needs on site at the Clifton Park Senior Community Center.

Anyone who has NOT taken this class before must attend the intake screening on Thursday, April 4th, at 11am. At this time, it will be determined which types of exercise will help get you back doing what you would like to do AND if you are appropriate for the class.

**ALL participants** are required to submit a current 2019 doctor release to attend.  
*Sign up at the Front Desk. Space is limited.*

### **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!

# 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 - 3/7 (First Thurs. of month)

### FRIDAY

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

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

**BINGO** 12:30 pm - 3/8 & 3/29

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



Friday, March 1, 2019 at 12:30pm

**MOVIE: Donovan's Reef**

Starring John Wayne

Romance/Adventure. 1hr 49min

*In an ideal society on a picturesque South Sea island, there are people of several races and backgrounds living together in harmony. John Wayne is a WWII hero, who worked hard to own a shipping company and finds his true love. She is a strong a woman as he is a man. An adventure and love story.*

*\*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.*

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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.

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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.  
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.

*Senior Concierge - It's all about you!*  
Supporting your non-medical needs

Companionship, errands, shopping, doctor visits,  
recreation, cultural events, exercise, advocate,  
downsizing assistance, check-ins, and lots more...

**Mildred Corneau**  
**518-860-8500**

[mildred.corneau@gmail.com](mailto:mildred.corneau@gmail.com)

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*Fitness for mind, body & soul*



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◆ Memory Care ◆ Senior Apartments ◆ Home Care  
◆ Adult Day Program ◆ Respite




518-393-8800

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

**SARATOGA COUNTY OFFICE FOR THE AGING - MARCH 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
				Stuffed Shells w/Meat sauce Wax Beans Peas Yogurt
4	5	6	7	8
Herb Chicken w/Gravy Stuffing Butternut Squash Mandarin Oranges	Spanish Beef & Rice Casserole Green Beans Warm Cornbread Apricot Whip	Baked Fish w/Picatta Sauce Over Brown Rice Spinach Warm Apple Cobbler	Pork Loin w/Cranberry Mustard Sauce Oven Browned Potatoes Vegetable Trio Pears	Veggie Breakfast Sausage Patty French Toast Strata w/Syrup Warm Spiced Peaches Orange Juice
11	12	13 St. Patrick's Day	14	15
Goulash Brussels Sprouts Warm Cornbread Plum Fruit	Creamy Chicken Vegetable Stew Broccoli Warm Biscuit Fruit Cocktail	<p align="center"><b>Special</b></p> Corned Beef & Cabbage Red Bliss Potato Carrots Irish Soda Roll Green Frosted Brownie 	Italian Style Meatloaf Garlic Mashed Potatoes Sonoma Vegetables Fruit Jell O w/Whipped Topping	Breaded Fish Macaroni & Cheese Stewed Tomatoes Tartar Sauce Pineapple
18	19	20	21	22
Five Spice Chicken Mashed Sweet Potato Beets Dinner Roll Pears	Pasta w/Meatballs Mixed Vegetables Parmesan Cheese Peaches	Apple Glazed Pork Cubed Sweet Potatoes Cauliflower Dinner Roll Fruit Cocktail	Turkey W/Gravy & Rosemary Red Potatoes Broccoli Warm Cranberry Crunch	Egg Salad on Wheat Marinated Green Beans Coleslaw Fresh Orange
25	26	27 Birthday Special	28	29
Chili Rice Green Beans Peaches	Baked Chicken w/Gravy Cubed Sweet Potato Vegetable Trio Chocolate Cookie	Roast Pork w/Gravy Mashed Potatoes Brussels Sprouts Cake w/Frosting 	Fiesta Meatloaf Oven Roasted Potatoes Mexican Corn Pears	Fish Florentine over Brown Rice Sonoma Vegetables Warm Berry Crunch

*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***

## Upcoming Trips

### **Tuesday, April 30th: WestPoint Tour**

Visit West Point with a 90 minute tour, enjoy a Buffet Lunch at the Historic Thayer Hotel, and then we'll have a tour and tasting at the Brotherhood Winery.

8:00am departure from Ice Rink

6:30pm back at the Ice Rink

\$92 members / \$99 non-members

### **Monday, May 13th: Riverview Inn, Matamoras, Pennsylvania - 'Remembering Days of Yesteryear'**

Enjoy a trip down memory lane with your favorite entertainers from the past. Enjoy a wonderful meal followed by entertainment by Jo Jo Russell. He will have you laughing, singing, and dancing! We will stop at the point where the 3 states meet is in the Delaware River...a rock marks the spot! If you stand on it you will be in all 3 states at the same time! It is named the Tri-State Rock: New York, New Jersey and Pennsylvania. The **Riverview Inn** is a Wedding, Banquet and Party facility located on the scenic Delaware River in the Pocono Mountains of northeastern Pennsylvania.

8:00am departure from the Ice Rink

6:00pm back at the Ice Rink

\$75 members / \$82 non-members

### **Friday, May 31-Monday, June 3: Thousand Islands (see add on opposite page)**

### **Wednesday, June 26th: Barrington Stage Co, Pittsfield, Mass - 'Into the Woods' Tony Award**

#### **Winning musical**

10:30am departure from the Ice Rink

5:00pm back at the Ice Rink

\*More info to come...

### **Thursday, October 10-Monday, October 14: Washington, DC**

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

The New Museum of the Bible! 430,000 Square Feet of Biblical History

Admission to George Washington's Mount Vernon Estate & Garden

Tram Ride through Arlington National Cemetery

\$635 Per Person (Double Occupancy)

\$30 additional for non-members

Trips will begin and end at the Clifton Park Ice Arena,  
16 Clifton Common Blvd, Clifton Park  
There are no Refunds unless the trip is cancelled.  
Checks made payable to the Town of Clifton Park and mailed to 6  
Clifton Common Court, Clifton Park. NY 12065

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

**at PROCTORS**

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

**Winston Churchill: The Blitz At Proctors GC Theater**

Friday, March 15 ~ 10:00 am show

Drive yourself or if needed take our 12 passenger Senior Bus which departs the Senior Center at:

8:45 am – Return 11:30 am

## 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.**

**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

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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.