



Clifton Park Senior Community Center

Monthly Newsletter

May 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/>

*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

INDEPENDENCE DAY:
THURSDAY, 7/4

Clifton Park Senior Center
May Dinner
FEATURING DEETS CATERING

Wednesday, May 15th | \$10.00 for Members
Doors open at 5:30pm | \$15.00 for Non-Members

BONELESS BBQ CHICKEN BREAST
CORN ON THE COB
POTATO SALAD
FRUIT SALAD
COLESLAW
CORNBREAD

HOMEMADE DESSERTS PROVIDED BY MEMBERS OF
STARPOINT CHURCH

Space is Limited, please sign-up at the Front Desk.

PosterMyWall.com

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

Saturday, June 15th
9am - 3pm

Wednesday, May 1st	12:30pm	EEE: "Magic with Mike" (Registration is Required)
Monday, May 6th	10:00am	Monday Bocce Ball Begins (Wednesday Bocce Ball begins May 8th)
Wednesday, May 8th	9:15am	AARP Smart Driver Course
Wednesday, May 8th & 22nd	1:00pm	Service Project: Saratoga County Animal Shelter Project
Friday, May 10th	1:00pm	Mother's Day Tea & Bingo (Registration is Required)
Monday, May 13th	8:00am departure	TRIP: Riverview Inn, Matamoras, Pennsylvania
Wednesday, May 15th	12:30pm	EEE: Tips & Tricks for Home Safety! (Registration is Required)
Friday, May 17th	1:00pm	Orchestra on the Common Concert
Wednesday, May 22nd	12:30pm	EEE: Drive Well (Registration is Required)
Thursday, May 23rd	1:00pm	CPSCC Chorus Concert
Friday, May 24th	11:15am - 2:15pm	Cat Adoption Clinic
Wednesday, May 29th	12:30pm	EEE: "Let's Talk About It Now" (Registration is Required)
Friday, May 31st	1:00pm	CPSCC Swing Band Concert
May 31st - June 3rd	Multi Day	TRIP: Thousand Islands Adventure (WAIT LIST ONLY)
Saturday, June 15th	9am - 3pm	Indoor Antique - Flea Market - Garage Sale
Wednesday, June 26th	10:30am departure	TRIP: Barrington Stage Co., Pittsfield, Mass "Into the Woods"
Tuesday, July 9th	8:30am departure	TRIP: Old Forge Lake Cruises
Saturday, July 20th	10:45am departure	TRIP: The Saratoga Performing Arts Center (NYC Ballet) - Members Only
Thursday, July 25th	7:00am departure	TRIP: Saratoga Race Track (Breakfast & Tour) - Members Only
Thursday, August 8th	8:30am departure	TRIP: Lobsters & Legends (West Springfield, MA)
Thursday, September 19th	9:15am departure	TRIP: A Tribute to American Bandstand at the Log Cabin
October 10th - October 14th	Multi Day	TRIP: Washington, DC

Join us for
**Mother's Day
 Tea & Bingo**

Friday, MAY 10th@1PM

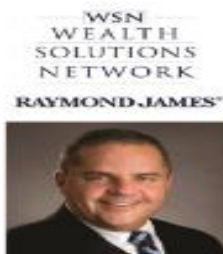


TEA | COOKIES
 BINGO | GIFT
 CARDS | PRIZES



Clifton Park Senior Community Center
 All Members are Invited to Attend!
 Sign up Required. Space is Limited.

Free Event
 Sponsored by:
 Kevin Marin of
 Wealth Solutions Network &
 Southern Saratoga YMCA



Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2019 is: Connect, Create, Contribute, which encourages older adults and their communities to:

- Connect with friends, family, and services that support participation.
- Create by engaging in activities that promote learning, health, and personal enrichment.
- Contribute time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging & supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.



Educate ☆ Entertain ☆ Explore

Pre-registration required at the front desk. Free. Membership Not Required.

All Presentations begin at 12:30pm

Wednesday, May 1st

TOPIC: "Magic with Mike"

Mike Beehner is a retired family doctor, who has had magic as his hobby for the past 50 years. His interest in magic came about, because, in his part-time job as a taxi cab driver while in college in Chicago, he would often ride by this small magic store on south State Street. One day he walked in and bought a handful of small tricks. From there, it ended up being a life-long love affair with magic and bringing smiles to people young and old with his shows, which he has never charged a penny for.



Wednesday, May 15th

TOPIC: Tips & Tricks for Home Safety!

Since we all want to remain living in our own homes and/or apartments, let's make sure we have appropriate strategies in place. We will look at potential hazards in your kitchen, bedroom, bathroom, living room, cellar and garage. Let's not overlook potential safety hazards in your home. Sometimes, subtle changes make all the difference! We can all be pro-active about our safety.

Presented by: Kathy Leonard, Manager of Eddy Health Alert. (Part of St. Peter's Health Partners)

Wednesday, May 22nd

TOPIC: Drive Well

The ability to drive safely is important in order to remain independent and connected in social activities. This presentation will discuss how drivers can maximize their driving fitness and safety. Learn how the following can affect driving safety: -Facts about aging and driving, -Medical conditions and medications, -Physical and mental activity and exercise, -Safety habits and driving strategies, -Fitting the car to the driver, -Highway design and vehicle technology, -Deciding when it is time to quit.

Presented by: Donna Stressel, Driver Rehabilitation Program, Sunnyview Rehabilitation Hospital

Shenendehowa Neighbors Connecting is providing this program in honor of Older Americans Month with this year's theme "Connect, Create, Contribute"

Wednesday, May 29th

TOPIC: "Let's Talk About It Now"

Please join Kathleen A. Sanvidge, NYS Licensed Funeral Director and owner of Townley & Wheeler Funeral Home for an informative presentation about the advantages of taking charge of your final arrangements. She will talk about the different options available and the financial choices you can make. People who have their affairs in order feel empowered and relieved knowing that they have lifted a considerable burden from their loved one's shoulders. They can feel good about making decisions without the pressure of emotions and time constraints. **Enjoy a complimentary lunch provided by Townley & Wheeler.**

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.

Saratoga County Office for the Aging is funded by Title III of the Older Americans Act, New York State Office for the Aging, the County of Saratoga and local Municipalities.



Eddy Senior Living

ST PETER'S HEALTH PARTNERS

Thank you to Eddy Senior Living for the wonderful meal provided to our members at our April dinner. It was delicious!!! A thank you to our hard working senior volunteers, for assistance with set-up, serving and clean-up.



TO OUR MEMBERS

Thank you to those who have brought in goodies, flavored teas, etc. to share with the Center members. We appreciate all of you!

We are also very thankful to all the bakers who drop off baked goods for our concerts throughout the year. They are always enjoyed by all!



Thank you to Janet Colton and all the Center volunteers for your hard work at our recent 2-day book sale. In addition to our volunteers helping with the sale, they also volunteer their time throughout the year with sorting & boxing books that come in to the center weekly. THANK YOU!



SERVICE PROJECT

**Wednesdays: May 8th & May 22nd
1pm - 3pm**



Do you sew? Can you tie a knot? Come help us to help the Saratoga County Animal Shelter. We will be making fleece cat blankets, catnip toys and dog beds.

Cat Adoption Clinic

**Seniors for Cats – Cats for Seniors
Friday, May 24th from 11:15am – 2:15pm**

Join us for a Senior to Senior adoption event at the Center. Saratoga County Animal Shelter will provide senior cats (age 5 and older) for adoption. Saratoga County Seniors (60 and over) can adopt a senior cat for free. Mix in love and you will have a loving companion.

A donation box will also be in our main lobby for the months of April & May for anyone who would like to donate an item directly to the shelter. Their current requests are: KMR (kitten formula), Gerber baby food meat, Light Karo syrup, heating pads (used for kittens), plastic cat toys, shoe boxes, snuggle discs, small hard plastic food bowls, towels (large & small). The shelter is currently fully stocked with store bought biscuits. **For the health of their animals, all items need to be laundered and sanitized. Thank you.**

ENTERTAINMENT & THE ARTS

CONCERTS AT THE CENTER

All Concerts begin at 1pm

Orchestra on The Common
Friday, May 17th

CPSCC Chorus
Thursday, May 23rd

CPSCC Swing Band
Friday, May 31st



The Capital Dance Orchestra

7:00pm

Saturday, May 11th

Saturday, June 8th

Saturday, July 13th

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

Live Entertainment, Dancing, and Karaoke with Brian Zapell!

7:00 pm

2019 Schedule:

Sunday, June 30th

Sunday, September 29th

Sunday, December 29th

Bring your own snacks. \$5 per person at the door. Open to the Public.

SOUTHERN SARATOGA ART SOCIETY *A Society for the Appreciation of the Visual Arts*

MAY 2019 Art Show at the Clifton Park Senior Community Center

The Southern Saratoga Art Society (of Clifton Park) is hosting a Shenedehowa Student Art Show at the Clifton Park Senior Center for the month of May. There will be a reception for the student artists and parents on May 13 at 6:30, in the main gallery of the Senior Center. Lisa David, a teacher from the senior high school will be with us who is an accomplished local artist and who had helped make this exhibit possible. Lisa is an excellent artist and is now showing at the Clifton Park-Halfmoon library.

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

RED HAT MAMAS:

Wednesday, May 8th, 12:00 noon at Ravenswood Pub, 1021 Route 146, 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.

SINGLES LUNCH BUNCH:

Saturday, May 18th at 12:30 pm LOCATION TBD. All single men and women are invited to join us. Feel free to bring a friend. RSVP by Wed., 4/17 to Sandy Nolin at 518-399-5812 or sandra4shen@aol.com.



No longer need your used eyeglasses or hearing aids? The Senior Center will take them! Please drop them in the blue collection box located in the lobby of our Center.

What good are used eyeglasses and hearing aids?

To you, they're not good for very much, but to the Albany & Troy Lions Club, they're a gift of sight and sound. They collect and reprocess the eyeglasses, and distribute them at no charge to the needy in developing countries around the globe. Your used glasses may provide an adult with the clear vision necessary to maintain employment or give a child the chance to stay in school. Used hearing aids are not part of our international program, but they help those within our immediate service area. They can always use more because the need continues to be critical in many places. If you've got old prescription eyeglasses or sunglasses or a hearing aid collecting dust in some drawer, they can use them, regardless of their condition.



Let's Move - Registration required for all programs, classes & events.

SOUL LINE DANCING

Mondays from 1:00pm - 2:00pm:

5/6, 5/13, 5/20 (\$10/month)

Instructed by Mary & Frank Colby

LATIN LINE DANCING:

Fridays from 1:00pm - 2:00pm:

5/10, 5/17, 5/24, 5/31 (\$10/month)

Instructed by Ray Nunez & Mark Nunez

TAI CHI for ARTHRITIS (seated/standing):

Tuesdays from 2:15pm - 3:15pm

5/7, 5/14, 5/21, 5/28, 6/4, 6/11 (\$42.00/session)

6-week session instructed by Rich Martin

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.



LET'S TALK - Registration required for all programs, classes & events.

BASIC COMPUTER SKILLS With Bob Stromberg

10:00am – 12:00pm (*Membership not required. No charge but advanced sign up required*)

May 6: Location tracking: The good and the bad

May 13: Backing up manually to external devices

May 20: Being careful on Facebook

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, May 21st

12:30 - 2:00 pm

Speed Friending helps seniors make new friends in minutes! Feel free to come solo or in a group.

Space is limited. Sign up today!!

Diabetes Support Group

Friday, May 3rd

11:00 - 12noon

Open discussion meeting facilitated by Saratoga County Public Health Services. Attendees will also have an opportunity to request topics for future meetings.

Help Create a Vision for the future Town Center Park! All are Invited to Participate!

The Town of Clifton Park is embarking on a public planning project ultimately to reach a consensus vision, and design public park enhancements at the 37-acre property formerly owned by the Shenendehowa School District. The future park parcel is located east of Moe Road, north of Arongen and Shatekon Elementary Schools, and west of Maxwell Drive Extension. A public, Visioning Workshop will be held Wed., May 1, 2019, from 3 p.m. to 7 p.m. at the Clifton Park Senior Community Center. All are welcome. Stop by anytime, to participate in an Open House type of format public meeting. Next a guided, public walk of the site is set for Wed., May 15, at 5:30 p.m. to 7 p.m. with a meet-up location of the Town of Clifton Park Public Safety Building. Please RSVP the Town's Planning Department at (518) 371-6054. Later this spring, a Design Charrette, in an Open House meeting format, will be conducted on Wed., June 5, from 3 p.m. to 7 p.m. Please see www.cliftonpark.org for more information.

Representatives from the Town of Clifton Park's design consultant team of Behan Planning and Design will lead the public engagement events, with members of the Town's Advisory Committee and Town Staff. Please call (518) 371-6054 if you have any questions.

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



Arts & Crafts

Craft Connection with Rosemarie

10:00am on Wednesdays:

May 8th - Cards

May 22nd - Craft Boxes (Instructed by Judy)

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.

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

TOWNLEY & WHEELER FUNERAL HOME



*Big enough to accommodate.
 Small enough to care.*



KATHLEEN LOWES SANVIDGE
Owner & Licensed Funeral Director

Proud to be the only New York State
 "Women Business Enterprise" certified funeral home.

Trusted stewards of faith and guidance,
 here for your arrangement needs, any day, any time.

TOWNLEY & WHEELER FUNERAL HOME

21 MIDLINE ROAD • BALLSTON LAKE, NY
 TOWNLEYWHEELERFHL.COM | 518-399-5022

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 ADL's including: bathing, showering and feeding
- Medication management and skilled nursing tasks
- Blood Glucose Monitoring
- Catheter/Foley Care

Home of the Good Shepherd

MALTA	MOREAU	SARATOGA	WILTON
26 Rock Rose Way Malta, NY (518) 581-2800	198 Bluebird Rd. Moreau, NY (518) 792-1000	400 Church Street Saratoga Springs, NY (518) 450-7360	60 Waller Rd. Wilton, NY (518) 580-0702

homeofthegoodshepherd.com

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 truly different assisted living community for the
 memory impaired*

Embracing long term memories

Enriching mind, body and spirit

Empowering our residents to thrive the Peregrine Way®

Call today for more information or to schedule a tour.

1 Emma Lane, Clifton Park, NY 12065
 518-371-2200

www.cliftonparkmemories.com



Support our Advertisers when you can...Let them know you appreciate their ad!



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.

DIVORCE & FAMILY LAW



DONNELLAN & KNUSSMAN PLLC
ATTORNEYS AT LAW

658 MALTA AVE, SUITE 201
BALLSTON SPA, NY 12020

(518) 309-6094



DKLAWFIRMNY.COM



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

Rewire ENERGY

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

Free Residential Energy Assessment
Lower Your Energy Bills and Enjoy Greater Home Comfort

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
Follow us on Facebook

WSN
WEALTH
SOLUTIONS
NETWORK

Kevin K. Marin

President | Wealth Solutions Network
Registered Principal | RJFS

RAYMOND JAMES®

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.



MAKE IT FIT



Fitness for mind, body & soul



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

518-393-8800

kingswaycommunity.com

THINGS TO KNOW

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.

CPSCC 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.

We invite seniors 50+ to visit one day as our guest and learn more about all of our programs. After that, participation in most activities requires membership. The cost is only \$15 for all of 2019. All are welcome regardless of where you live.




CENTER CLOSINGS:
Monday, 5/27: Memorial Day
Thursday, 7/4: Independence Day

SARATOGA COUNTY OFFICE FOR THE AGING - MAY MENU

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 the kitchen at (518) 383-1343 to make a reservation, **no later than 12 noon**, the day before attending for lunch.

Monday	Tuesday	Wednesday	Thursday	Friday
<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>		1	2	3
		Chicken w/Spinach & Feta Cheese sauce Buttered Pasta Key Biscayne Blend Vegetables Dinner Roll Pears	Meatloaf w/Gravy Oven Browned Potatoes Peas & Carrots Mandarin Oranges	Tuna Salad Cold Plate Macaroni Salad Marinated Green Beans Banana
6	7	8	9	10 <i>Mother's Day</i>
Chicken Cacciatore over Pasta w/Sauce Wax Beans Warm Garlic Roll Yogurt	Seafood Newburg Rice Carrots Dinner Roll Mandarin Oranges	Pasta w/Meatballs Green Beans Parmesan Cheese Chocolate Pudding w/Whipped Topping	Roast Beef w/Gravy Mashed Potatoes Peas Plum Fruit	<i>Special</i> Vegetable Lasagna Zucchini & Yellow Squash Warm Garlic Roll Chocolate Chess Pie
13	14	15	16	17 CLOSED
Pork Loin w/Fiesta Sauce Roasted Cubed Potatoes Mexican Corn Pears	Honey Baked Chicken Brown Rice Broccoli Cornbread Pineapple	Macaroni & Cheese Stewed Tomatoes Brussels Sprouts Yogurt	Italian Style Meatloaf Garlic Mashed Potatoes Spinach Orange Whip	Senior Luncheon 
20	21	22	23	24
Rosemary Garlic Lemon Chicken over Rice Broccoli Warm Peach Crisp	BBQ Pork Loin Cubed Sweet Potato Cabbage Spiced Apples & Raisins	Chicken Picatta Roasted Potatoes Mixed Vegetables Fruit Jell O w/Whipped Topping	Baked Fish w/Creamy Dill Sauce over Brown Rice Vegetable Trio Warm Biscuit Pineapple	Egg Salad on Wheat Carrot & Raisin Salad Beet & Onion Salad Cantaloupe
27 CLOSED	28	29 <i>Birthday Special</i>	30	31
	Chicken Alfredo Pasta Peas Pears	Meatball Sub Yellow Squash Cauliflower Frosted Cake 	Sausage Patty w/Peppers & Onions on Roll Red Bliss Potatoes Carrots Peaches	Ham Salad Cold Plate Potato Salad Red Cabbage Confetti Salad Apricot Whip

DAILY ACTIVITY CALENDAR

(*denotes free activity/class for members)

Clifton Park Senior Community Center, 6 Clifton Common Court, Clifton Park

Monday	Tuesday	Wednesday	Thursday	Friday
Tap (Int. II) 9-10 am	Exercise to Tapes* 8:45-9:45 am	Exercise to Tapes* 8:45-9:45 am	Exercise to Tapes* 8:45-9:45 am	Orchestra* 9-10:55 am
Jazz 10-10:45 am	Pool & Billiards* 9-12 pm	Senior Investment Club 9:30-11:30 am (2nd Wed.)	Pool & Billiards* 9-12 pm	Tap Advanced 9-10 am
Chair Yoga 10-11:00 am	Duplicate Bridge Lesson 10-11:00 am	Bocce* (May - Oct) 10-11:30 am	Yoga 10-11:00 am	Woodcarving* 9-12noon
Bocce* (May - Oct) 10-11:30 am	Tai Chi 10-11:00 am	Memories to Memoirs* 10-12 pm (2nd Wed)	Chorus* 10:00-11:30 am	Ballet 10-10:45 am
Basic Computer Class* 10-12 noon	Dice: LCR or Dice 3000* 10-12 pm (every week)	Social Bridge* 10-12 pm	Watercolors & Sketching 10-12:30 pm	Dominoes* 10-11:30 am
Adult Coloring* 10:30-12 pm (1st, 3rd Mon)	Duplicate Bridge 11:30-3:30 pm	Craft Class (2x/month) 10-12 pm	Seton Health "Seniorcize"* 11-12 pm (Seasonal)	Social Bridge 10-12noon
Discussion Group* 10:30-12 pm (2nd, 4th Mon)	Congregate Lunch 12 pm	Congregate Lunch 12 pm	Duplicate Bridge 12:00-4 pm	Big Band* 10:55-12:20 pm
Beginner Clogging 11-11:45 am	MVP Zumba/Bokwa* 1-2 pm (Seasonal)	Poker* 1-3 pm	Congregate Lunch 12 pm	Diabetes Workshop* 11am-12 pm (1x a Month)
Congregate Lunch 12 pm	Tai Chi for Arthritis 2:15-3:15 pm	Crocheting & Knitting* 1-3 pm	Pinochle* 12:30-3 pm	Movie Day* 12:30 pm (1st Friday)
Clogging 12-1:30 pm	Scrabble* 1-4 pm	Osteo-Exercise* 2:30-3:30 pm	American Mahjong* 12:30-4 pm	BINGO 12:30 pm (dates below)
Soul Line Dancing 1-2 pm	Hand & Foot* 1-4 pm		BUNCO (Dice) 1-3 pm (1st Thursday of month)	Congregate Lunch 12 pm
Quilting Group* 1-3 pm				Creative Jewelry Making* 12:30 - 2:00 pm (every other)
Beginner Bridge* 1:30-3:30 pm				Scrabble* 12:30-2:30 pm
Osteo-Exercise* 2:30-3:30 pm				Latin Line Dancing 1-2 pm
				Osteo Exercise* 2:30-3:30 pm



MOVIE MATINEE: Mamma Mia 2 Here We Go Again!

Friday, May 3, 2019 at 12:30pm

Starring Meryl Streep, Lily James, Amanda Seyfried.

Comedy/Musical/Romance. PG-13. 1hr 54min

In this musical romantic comedy, a woman grapples with running her mother's villa while also expecting her first child and worries that she won't be able to handle everything on her own, so she enlists two of her mother's friends for assurance, help and guidance. Along the way, she learns more about her mother's past.



**Friday, 5/10 at 1pm:
Mother's Day Bingo**

Friday, 5/24 at 12:30pm

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.

BUS TRIPS

- ☆ **BARRINGTON STAGE CO., PITTSFIELD, MASS - "Into the Woods" Tony Award Winning Musical:**
Wednesday, June 26th (10:30am departure from the Ice Rink; 5:00pm back at the Ice Rink)
This is a fabulous show and NOT the children's stories that we grew up with. We'll start with lunch at the Highland Restaurant in Pittsfield MA - \$83members/\$89 non member
- ☆ **OLD FORGE LAKE CRUISES** - Historic Steamboat Cruise through the Fulton Chain of Lakes
Tuesday, July 9th (8:30am departure from the Ice Rink) \$69 member/\$75 non member
- ☆ **LOBSTERS & LEGENDS** with a Simon & Garfunkel Tribute at the Majestic Theatre in West Springfield MA
Thursday, August 8th (8:30am departure from the Ice Rink)
Enjoy Lobster or Prime Rib of Beef at the New Boathouse overlooking the Connecticut River
\$81 member/\$89 non-member
- ☆ **A TRIBUTE TO AMERICAN BANDSTAND AT THE LOG CABIN** Banquet house located in Holyoke MA
Thursday, September 19th - (9:15am departure from the Ice Rink) \$73member/\$79 non member
- ☆ **WASHINGTON, DC:**
Thursday, October 10-Monday, October 14
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

VAN TRIPS - Transportation for Members Only

- ☆ **The Saratoga Performing Arts Center:** Olde Bryan Inn luncheon & **New York City Ballet** - Coppelia
Saturday July 20th - Depart 10:45 am from the Senior Center
\$24 Ballet only, \$54 Ballet & Luncheon (Non Members additional \$3)
- ☆ **Saratoga Race Track: Breakfast at the Track,** Tram Stable Tour & Daily Walking Tour with a historical overview
Thursday, July 25th - Depart 7:00 am
\$29/pp (Non Members additional \$3)

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

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

SUE



RAINA



DONOVAN



SHIRLEY



ROSE





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

PRSRT 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: lwalowit@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 518-371-4444
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.