



Clifton Park Senior Community Center

Monthly Newsletter

September 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

LABOR DAY:
MONDAY, 9/2

COLUMBUS DAY:
MONDAY, 10/14



Join us for dinner and some
foot stompin' entertainment!

September 12th at 5:00pm

Food Provided by:

PJ's Bar-B-QSA

Menu:

Half Chicken
BBQ Beans, Potato Salad,
Coleslaw, Corn Bread



HOE DOWN

with "Peter, Paul & George" of Homespun Occasions

\$10/Members

\$15/Non-Members

Entertainment
sponsored by:



Advanced Registration is required

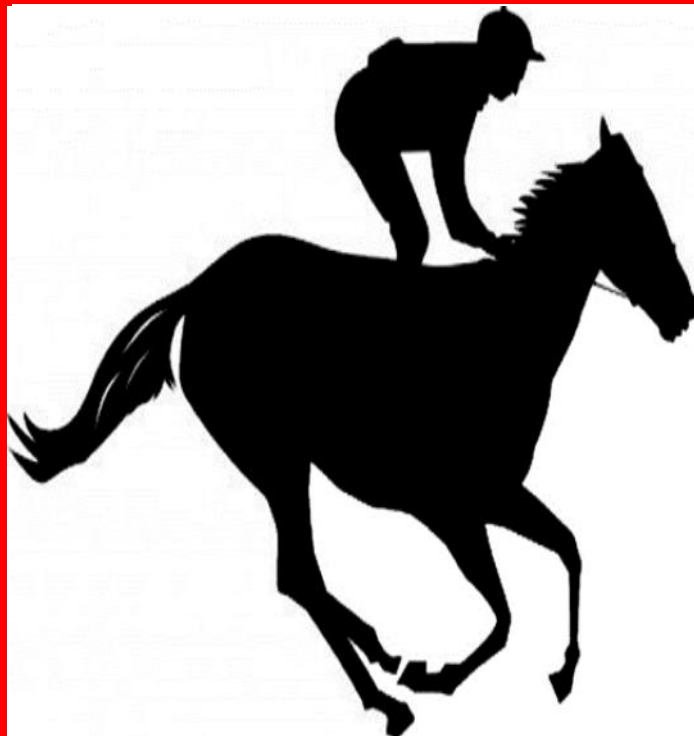
Sign up at the Clifton Park Senior Community Center





UPcoming EVENTS

Tuesday, September 3rd	10:30am	New! Women Patriots Discussion Group
Tuesday, September 3rd	1:00pm	Computer Classes with Bob Stromberg - Fall sessions begin - please note new day & time!
Wednesday, September 4th	10:00am - 1:00pm	Flu Clinic - Please sign up at front desk
Wednesday, September 11th	10:00am	Turning Memories to Memoirs - Formal 5 week workshop begins
Wednesday, September 11th	12:30pm	EEE: "Is Real ID for ME?" presented by Craig Hayner & Nancy Wemble
Thursday, September 12th	5:00pm	Monthly Senior Center Dinner with "Hoe Down" Entertainment!
Friday, September 13th	10:30am - 11:30am	Monthly Blood Pressure Clinic
Wednesday, September 18th	9:00am-12:30pm	CarFit Event - Call to secure your time slot!
Wednesday, September 18th	11:15am	New! The Truth About Heaven - A Biblical Perspective
Wednesday, September 18th	12:30pm	Fall Picnic Potluck "Clifton Park Raceway"
Wednesday, September 18th	11:00am	Service Project: Shen Quilt Project
Thursday, September 19th	9:15am departure	TRIP: A Tribute to American Bandstand at the Log Cabin
Wednesday, October 2nd	1:00pm	What Should Dementia Care Look Like? Presentation by Stephen Bowman, Peregrine
Sunday, October 6th	1:00pm	Fall Basket Party <i>*Get your tickets now!*</i>
October 10th - October 14th	Multi Day	TRIP: Washington, DC
Wednesday, October 16th	9:00am	Service Project: Soldier Stocking 4-week Project Begins
Thursday, October 24th	9:00am departure	TRIP: Van Trip to National Museum of Racing & The Automobile Museum
Thursday, November 7th	8:00am departure	TRIP: Kykuit - Rockefeller Estate and Walkway Over the Hudson
Wednesday, December 4th	8:00am departure	TRIP: Holiday Train Show - NYC Botanical Gardens & Holiday Lights at the Bronx Zoo
Monday, December 16th	4:45pm departure	TRIP: Albany Capital Lights in the Park
Monday, December 16th	2:00pm	New York in Bloom Quilt Raffle Drawing



COME JOIN US FOR OUR FALL PICNIC – POTLUCK

**Wednesday, September 18th at
12:30pm**

While enjoying our lunch,
we will have the first ever
***CLIFTON PARK
RACEWAY!***

Can you pick the winning horse?
Let's get together and have some fun!
Register at the front desk and let us know
what you'll be bringing for the Potluck.
We'll provide the hot dogs & buns.
Space is limited. Members only.



Educate ☆ Entertain ☆ Explore

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

All Presentations begin at 12:30pm

Wednesday, September 11, 2019

TOPIC: "Is REAL ID for Me?"

Presented by: Craig Hayner, Saratoga County Clerk and Nancy Wemble, NYS Motor Vehicle Supervisor

This presentation, entitled "Is REAL ID for Me?" will focus on what is REAL ID, the differences between the three classes of driver licenses and identification documents issued by DMV, and what documents you need if you choose to get a REAL ID or Enhanced ID. The presentation will also cover how to get a U.S. passport, as the Saratoga County Clerk's Office is a full-service Passport Agent for the U.S. Department of State and passports are REAL ID compliant documents accepted by the federal government.

"We've noticed, we have a lot of DMV customers who think they are required to get a REAL ID, when in fact, getting REAL ID is your choice," said County Clerk Hayner. "REAL ID is a mandate for the federal government, not for individuals. Depending on your lifestyle, REAL ID may be right for you. These forums will give you the information you need to help you decide."

The REAL ID Act establishes minimum security standards for license issuance and production and prohibits Federal agencies from accepting for certain purposes driver's licenses and identification cards from states not meeting the Act's minimum standards. Beginning October 1, 2020, the federal government will accept only REAL ID compliant identification from anyone boarding a federally regulated domestic flight or entering a secure federal building, military facility or nuclear site. These identification documents include, but are not limited, to a state-issued REAL ID driver license, a state-issued Enhanced driver license, and a U.S. passport book or card. The Saratoga County Clerk's Office records, files, issues and maintains a diversity of court, land and other public records; is a full-service passport agent; and administers the County's F.A.V.O.R. program. The office records and files more than 85,000 documents annually, including mortgages, deeds, power of attorney, discharge of mortgages and judgments. The Saratoga County Clerk also oversees the Saratoga County Department of Motor Vehicles, which operates three DMVs in Ballston Spa, Clifton Park and Wilton.

For more information about the Saratoga County Clerk's Office or the Saratoga County DMV, please visit www.saratogacountyny.gov.

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.

Fall Basket Party - Sunday, October 6th at 1:00 pm

Tickets for the Basket Party will go on sale Wednesday, August 14th. This event is open to the public and tickets must be purchased in advance at the Center, as space is limited. Tickets are \$10 and include 25 free auction tickets, a sandwich, chips and dessert. This is a fun afternoon, and we hope to see you there! For more information, please contact the Front Desk.

Basket Party Donations are Welcome! We are currently asking for gift basket donations. Basket themes include but are not limited to: Pet lovers, coffee & tea, crafts, baby items, kitchen gadgets, holiday, chocolate lovers and spa themes. Baskets can be dropped off at the Front Desk. Thank you!



A Sincere Thanks

Thank you **Peregrine Senior Living of Clifton Park** for sponsoring our 2nd Annual Open House, on Wednesday, August 21st, which brought in over 100 guests! All of our instructors, performers and the many Center volunteers did an amazing job and helped to make this open house a great success!!

Congratulations to our winner of the door prize, Harold Howe!!! He brought home a great Halloween themed gift, donated by Peregrine Senior Living.



 **Peregrine**
SENIOR LIVING
at CLIFTON PARK
Assisted Living Memory Care
1 Emma Lane, Clifton Park, New York
(518) 371-2200



Our Center volunteers hard at work preparing for the book sale!

Our summer **Book Fair** was a huge success! What a great group of volunteers we had again this year! We thank you and recognize your contribution for not only your help on book sale days, but every day throughout the year leading up to the event.

The Center was able to donate a large quantity of books to the “Books to Troops,” which sends troops “care packages for the mind” in the form of books, books on CD, puzzle books and any other form of reading material.

Thank you to these local businesses for their ongoing donations to the Center!



ENTERTAINMENT & THE ARTS

WE NEED YOU...to SING WITH US!

- ◆ We meet every Thursday at the Center
- ◆ We frequently, but not always, sing on key
- ◆ We like each other and love our volunteer purpose
- ◆ We're paid...in smiles and laughter

So...try it; you'll like it!

Contact Lorraine at 518-885-1570
or Lorrainezjanack@gmail.com
Or just show up on Thursday,
September 12th at 10:00 am



See you then...and there!

RED HAT MAMAS:

Wednesday, September 11th, 12:00 noon at The Ugly Rooster Cafe, 312 North 3rd Avenue, Mechanicville. 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.

Live Entertainment, Dancing, and Karaoke with Brian Zapel!

7:00 pm

2019 Schedule:

Sunday, September 29th

Sunday, December 29th

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

The Capital Dance Orchestra

7:00pm

Saturday, September 14th

Saturday, October 12th

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

SINGLES LUNCH BUNCH:

****Please note the change in time for this event****

Saturday, September 21st at 11:30am, at UpRiver Cafe 29, Main Street, Lake Luzerne, NY, by special request. We welcome all men and women. We will order off the menu, have separate checks, recognize birthdays for the month, and welcome new friends. Please RSVP to Sandy by Wed., Sept 18th at 518 399-5812 or sandra4shen@aol.com

SOUTHERN SARATOGA ART SOCIETY

A Society for the Appreciation of the Visual Arts

SEPTEMBER 2019 Art Show at the Clifton Park Senior Community Center

Artists: Roberta Moses & Frank Coletta

Roberta Moses will be showing new paintings varying in subject and medium. She works in many mediums such as watercolor, oil, pen and ink and Chinese brush painting. She has had shows from here to California and hopes you will enjoy this one during the month of September.

Frank Coletta will be showing a series of recent drawings and watercolors of birds from around the world with many from the northeast.

For more information, please contact: Patricia Wade at meridian1@nycap.rr.com



The Autumn Jewels Art Show: The Southern Saratoga Art Society (SSAS) will have their annual Autumn Jewels Art Show at the Senior Center from October 3rd to October 30th. The Autumn Jewels Art Show is a juried art exhibition of watercolors, acrylics, pastels, oils, photography, mixed media and 2-dimensional framed artwork. Prizes of \$100, \$50, \$25 and Honorable mention ribbons are to be awarded at a public reception on Oct. 28 at 6:30 PM at the Senior Center. A Separate prize will be awarded for photography. The Judge will be Corey Pitkin a well known local artist who has been published in three national art magazines.

Come see how much local talent we have that will amaze and delight you.

For more information, please contact: Show Chairperson Rita Helie at: randrh@aol.com

LET'S GET CREATIVE

Craft Connection with Special Guest Crafter: Judy Battiste

10:00am - 12:00pm

Wednesday, September 11th & 18th:
Seasonal Home Décor

Examples of the upcoming project will be at the front desk.
Advance sign up required as space is limited. Free.



Join the Clifton Park Woodcarvers Club Group meets every Friday from 9:00 am - 12pm

The Clifton Park Woodcarvers Club invites you to join them each week on Friday morning at 9:00 am. They are an active group of women and men who are engaged in all types of woodworking. No dues are collected. All you need is an interest in taking up woodcarving and socializing with a group of people who get so much out of what they do. No skill or prior experience necessary. The club has many members with a lot of experience in carving to help you pick up a knife and have the time of your life in the art of woodcarving. If you have the time, they will share their time to help you on your way.

Turning Memories to Memoirs September 11th, 18th, 25th, and October 2nd, 9th Wednesdays from 10:00 am – 12:00 pm

This 5 week writing workshop is for adults who would like a gentle, supportive atmosphere and thought-provoking assignments. Participants can request editorial suggestions to improve their writing. Stories submitted at the end of the workshop are bound into a booklet and added to the Clifton Park-Halfmoon Library's book collection and can be checked out. This class will be held at the Clifton Park Senior Community Center. To sign up, call the center at 518-383-1343. Space is limited.

Watercolors with Mary Fekete Thursdays at 10:00 am September 26th, October 10th, 24th, & November 7th

Instructor will offer the 1st class as a "Demo Painting with Mary" class.
4 week session for \$20.00
Advance sign up required as space is limited.

Adult Coloring, Coffee and Conversation Mondays (1st & 3rd) 10:30am—12:00pm

Join members for coloring, fresh coffee and baked goods, while we chat about current events. Colored pencils and coloring sheets will be provided, but participants may bring their own coloring supplies if they wish. All members welcome!



NEW YORK IN BLOOM QUILT RAFFLE



- 1st Prize - New York In Bloom (Queen Sized Quilt)
- 2nd Prize - Stars at Twilight (Quilt Wall Hanging)
- 3rd Prize - Posies (Quilt Table Runner)

Handmade by our very talented Quilters, the 2019 quilt is named "New York in Bloom."



Drawing to be held on: Monday, December 16th at 2PM

\$2 per Ticket. You do not need to be present to win.

Community Quilt Raffle to benefit Captain Youth & Family Services

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

SOUL LINE DANCING*

Mondays from 1:00pm - 2:00pm:
9/9, 9/16, 9/23, 9/30 (\$12/month)
Instructed by Mary & Frank Colby

LATIN LINE DANCING*

Fridays from 1:15pm - 2:15pm:
9/6, 9/13, 9/20, 9/27 (\$12/month)
Instructed by Ray Nunez & Mark Nunez

STRENGTH & CONDITIONING CLASS

Wednesdays at 1:00pm
9/4, 9/11, 9/18, 9/25 (\$20/month)
4-week session instructed by Teresa Burke

CHAIR YOGA

Mondays from 10am - 11am
9/9, 9/16, 9/23, 9/30, 10/7, 10/21
6-week session instructed by Bonnie Furlong, RN

TAI CHI*

Tuesdays from 10am - 11am
9/17, 9/24, 10/1, 10/8, 10/15, 10/22 (\$42/session)
6-week session instructed by Bonnie Furlong, RN

TAI CHI FOR ARTHRITIS*

Tuesdays from 2:15pm - 3:15pm
9/17, 9/24, 10/1, 10/8, 10/15, 10/22 (\$42/session)
6-week session instructed by Rich Martin

CLOGGING (BEGINNER)*

Mondays from 11am - 11:45am
9/9, 9/16, 9/23, 9/30, 10/7 (\$35/session)
5-week session instructed by Fran Beaudoin

CLOGGING (INTERMEDIATE)*

Mondays from 12pm - 1pm
9/9, 9/16, 9/23, 9/30, 10/7 (\$35/session)
5-week session instructed by Fran Beaudoin

HOBBY HULA

Wednesdays from 10am - 11am
9/4, 9/11, 9/18, 9/25 - FREE
4-week session instructed by Susanne Poulette

MVP BOKWA®

Tuesdays from 1:00pm - 1:45pm
September 17th - December 10th (no class 10/22 & 11/26)
MVP Bokwa is dance, fitness and fun!
This energizing cardio routine uses the shape of alphabet letters and numbers for dance steps.
This MVP Living Well Program is Open to All and Free, compliments of MVP Health Care.

SETON HEALTH "SENIORSIZE"

Thursdays from 11:00am - 12:00pm
10-week Session begins October 10th - December 19th
October 3rd - Required Screening for new participants who have not attended class this year. Must also attend if you are on wait list. *Doctors note required.*

TAP INTERMEDIATE*

Mondays from 9am - 10am
9/16, 9/23, 9/30, 10/7, 10/21, 10/28 (\$30/session)
6-week session instructed by Janet Murphy

JAZZ*

Mondays from 10am - 10:45am
9/16, 9/23, 9/30, 10/7, 10/21, 10/28 (\$24/session)
6-week session instructed by Janet Murphy

BALLET*

Fridays from 10am - 10:45am (\$24/session)
9/20, 9/27, 10/4, 10/11, 10/18, 10/25
6-week session instructed by Janet Murphy

**Try first class without obligation*



MONTHLY BLOOD PRESSURE CLINIC

AT THE CLIFTON PARK SENIOR COMMUNITY CENTER

Please join Clifton Park Halfmoon EMS at a monthly blood pressure clinic! They will be on hand each month to check and record your blood pressure, answer any questions you may have about them and the services they perform, and provide educational materials to the senior center community. Hope to see you there!

Friday from 10:30am - 11:30am

Dates are as follows
9/13; 10/11; 11/15; 12/13

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.

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SERVICE PROJECTS

Shen Quilt Service Project



Wednesday, September 18th – 11am

Help us help others with this great project. Come and draw a simple picture on a white piece of material. No artistic ability necessary. Clifton Park resident Ann Schwanda will lead us. These pictures will be later transformed into beautiful quilts. These quilts will be donated to children in financial or emotional need in the Capital Region. All are welcome, membership is not required.

Soldier Stockings Service Project – Operation Adopt A Soldier

Wednesdays, October 16th, 23rd, 30th and November 6th - 9am

We are in need of travel sized shampoo, conditioner, lotion, baby powder, toothpaste, toothbrushes, Regular sized: deodorant, Chapstick, baby wipes, nail clippers, sunscreen, cough drops, pens/pencils, hard candy, candy bars, gum, beef jerky, trail mix, dried fruit & nuts, energy bars, flea collars. Small games: dice, cards, word search, Sudoku, coloring books, DVD movies, etc. **We need red or white felt to make the stockings.** **We need your leftover Halloween Candy for the November 6th Filling of the Stockings.**

There is something to do for everyone...Some people will Trace the stockings onto the felt, Cut the felt stockings, Decorate the Stockings and Machine sew the stocking together. We will then fill them with small games, travel sized toiletries and your leftover Halloween Candy. These stockings will be shipped via:

www.OperationAdoptASoldier.org out of Saratoga. In 2018 we created and donated over 100 stockings. In 2019 we created and donated over 200 stockings. Come and join the fun!



Interested in learning a new game? Come join us!

*Pinochle *Hand and Foot *Bridge *LCR & Dice 3000 *Mexican Train
*Asian & American Mahjong *Rummikub *Strategic Scrabble
There is a sign-up for each of these "Learn to Play" games in the lobby.

Interested in Bowling?

Mondays or Wednesdays from 12:30pm - 2:30pm
Sign up for your favorite day. We'll start in October!



Come Join our New Bocce Group!

Fridays from 10am - 11:30am during September & October



**Sign up at the
Clifton Park Senior
Community
Center to secure a
time slot!!**



Program is Sponsored by the Shenendehowa Neighbors Connecting & the Clifton Park Senior Community Center



Women Patriots Discussion Group

For senior women who served in military
Tuesday, September 3rd
10:30 am – 12:00 pm

Are you a senior woman who is a veteran, served in reserves, or regular military? Know someone who is? If so, please come and join the Senior Center's **Women Patriots** Discussion Group. Please contact Deb Conti at (518) 495-0021 to sign up or for more information. *Women Patriots Only Please. Let's have some fun! Membership not required.*

Men's Discussion Group

Tuesday, September 3rd & Wednesday, Sept 18th
10:30 am - 12:00 pm

Come in and join your fellow members for interesting conversation. Create new friends and reminisce with the old. Share your ideas. You can help to create new and interesting programs here at the Senior Center. Please sign up in advance at the front desk.

The Truth About Heaven

A Biblical Perspective
Wednesday, September 18th
11:15am -12:15pm

Is it real? What is it like? How can I get there? What will we do there? Will I see my loved ones there? Come and join this informal discussion group. Bring a Bible if you wish. Please sign up in advance at the front desk.

Discussion Group

Mondays (2nd & 4th)
10:30am—12:00pm

Our adult Discussion Group will continue this fall on the second & fourth Mondays at 10:30am - 12pm. Come join us! All members are welcome!! Some recently discussed topics included:

- *Should you try CBD?
- *What do your doodles say about you?
- *Ten medical myths
- *Some medicines may raise dementia risks
- *Longevity—affected by where you live?



BASIC COMPUTER SKILLS
with Bob Stromberg



Tuesdays from 1:00pm – 3:00pm
Membership not required. Free. Registration Required.

- Sept 3: Buying a computer or tablet or mobile phone
- Sept 10: New! Robocalls and spam texts
- Sept 17: New! Improving your online privacy
- Sept 24: New! Learn your iPhone (and iPad)

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

What Should Dementia Care Look Like?

Presented by: Stephen Bowman, President of Peregrine Senior Living
Wednesday, October 2nd at 1:00pm

Stephen Bowman is President of Peregrine Senior Living and a memory care provider for the past 20 years. Stephen offers a vision of memory care that is often contrarian to many of our common industry strategies, in the effort to offer a more meaningful model of care. His presentation, "What Should Dementia Care Look Like?" will begin to address and provide insight into this tragically ignored question. There are over six million Americans today that have Alzheimer's and the numbers are growing. There is no cure on the horizon, and as a society we have entirely overlooked creating a meaningful and compassionate model of care. This thoughtful presentation and discussion will help move us closer toward an answer. Please sign up in advance at the front desk.

Diabetes Support Group

Friday, September 6th
11:00am - 12:00pm

The topic for the next meeting will be:
"Emergency Preparedness for Diabetics"

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.

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.

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.

VOLUNTEERS NEEDED FOR:

Front Desk Ambassador: Volunteering as a Front Desk Ambassador is a great way to meet everyone that walks in the door. Ambassadors greet our members and assist with check-in, as needed. They answer phones and direct callers. They make coffee and put out our treats. Sometimes you get to show our new members around.

Program Committee: Do you have a heart for service and a few hours to spare? We are looking to enlist volunteers who can share their talents and ideas. Through your contributions, we are able to expand the number and variety of programs and activities provided to our members here at the Center. This is a great way to meet people & have fun!

If interested, please contact Sue or Raina at (518) 383-1343.



Explore Clifton Park—Be Outdoors More! FALL HIKES!

Join the Town of Clifton Park Open Space, Trails & Riverfront Committee on a “working, stewardship hike”! Participants will help evaluate site conditions / needs at these preserves and parks with the Open Space Coordinator, and learn along the way! All hikes start at 1 p.m. and may last up to 2 hours. Please arrive about 10 minutes prior to start time. Walks will take place, conditions permitting. Please be prepared for rugged conditions, on natural surface paths. Please wear appropriate footwear and gear. Uneven, natural surfaces are anticipated. Please kindly RSVP by calling (518) 371-6054. www.cliftonpark.org www.cliftonparkopenspaces.org

Sept. 6: 37-Ac Town Center Park Site: Meet up at the rear of the Public Safety Building, off of Maxwell Drive Extension. Uneven, natural surfaces.

Oct. 4: Garnsey Park: Meet up at entrance off of NYS Route 146. Hills, and uneven, rugged, natural surfaces.

Nov. 1: 41-Acre Natural Area: Riverview Road. Please call (518) 371-6054 for detailed directions. Hills, and uneven, rugged, natural surfaces.



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.

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If you are looking for guidance for other-than “standard estate planning”, we can help! Glenn’s got Moxie! Let him put it to work for you!

Glenn Witecki has been practicing law for 35 years and can help you plan by answering critical questions, including: How can I protect my house if I go into a nursing home? How would the purchase of some annuities disqualify me from receiving Nursing Home Medicaid for an extended period of time?

Glenn provides free consultations every 3rd Thursday of the month at the Clifton Park Senior Center, or in his office any time. Evening hours available. Home visits can be arranged.

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

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Phone: 518-783-6809
Fax: 866-203-1676

Email: Kevin.Marin@RaymondJames.com
Web Address: www.KevinMarin.com

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kingswaycommunity.com

SARATOGA COUNTY OFFICE FOR THE AGING - SEPTEMBER 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
2 CLOSED	3	4	5 CLOSED	6
Labor Day 	Chicken w/Spinach & Feta Cheese Sauce Rice Key Biscayne Blend Vegetables Dinner Roll Pears	Swedish Meatballs over Pasta Broccoli Warm Peach Crisp	SENIOR PICNIC 	Tuna Salad Cold Plate Macaroni Salad Marinated Green Beans Banana
9	10	11	12	13
Chicken Cacciatore over Pasta w/Sauce Wax Beans Warm Garlic Roll Yogurt	Seafood Newburg Rice Carrots Dinner Roll Mandarin Oranges	Roast Beef w/Gravy Mashed Potatoes Peas Plum Fruit	Pasta w/Meatballs Green Beans Parmesan Cheese Chocolate Pudding w/Whipped Topping	Turkey Salad on Sandwich Roll Pasta Salad Tomato & Cucumber Salad Fruit Cocktail
16	17	18 Birthday Special	19	20
Pork Loin w/Fiesta Sauce Red Bliss Potatoes Mixed Vegetables Pears	Sweet & Sour Chicken Brown Rice Oriental Style Vegetables Dinner Roll Pineapple	Breaded Fish Macaroni & Cheese Stewed Tomatoes Tartar sauce Frosted Cake	Meatloaf w/Gravy Mashed Potatoes Spinach Orange Whip	Chicken Salad Cold Plate Harvest Salad Brussels Sprouts Salad Dinner Roll Tropical Fruit
23	24	25	26	27 Fall Harvest Special
Rosemary Garlic Lemon Chicken over Rice Broccoli Warm Peach Crisp	Pulled BBQ Pork on Sandwich Roll Cubed Sweet Potato Cabbage Spiced Apples & Raisins	Egg Salad on Wheat Carrot & Raisin Salad Beet & Onion Salad Fruit Jell O w/Whipped Topping	Tuna Noodle Casserole Vegetable Trio Warm Biscuit Pineapple	Roast Turkey w/Gravy Mashed Potatoes Spiced Butternut Squash Dinner Roll Maple Frosted Cake
30			<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>	
Baked Fish w/Creamy Dijon Sauce Roasted Potatoes Key Biscayne Blend Vegetables Chocolate Pudding w/Whipped Topping				

DAILY ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Tap (Int. II) 9-10 am</p> <p>Jazz 10-10:45 am</p> <p>Chair Yoga 10-11:00 am</p> <p>Bocce* (May - Oct) 10-11:30 am</p> <p>Adult Coloring* 10:30-12 pm (1st, 3rd Mon)</p> <p>Discussion Group* 10:30-12 pm (2nd, 4th Mon)</p> <p>Beginner Clogging 11-11:45 am</p> <p>Congregate Lunch 12 pm</p> <p>Intermediate Clogging 12-1:00 pm</p> <p>Soul Line Dancing 1-2 pm</p> <p>Quilting Group* 1-3 pm</p> <p>Beginner Bridge* 1:30-3:30 pm</p> <p>Healthy Bones for Life* (Medical Clearance & paperwork required to attend) 2:30-3:30 pm</p>	<p>Exercise to Tapes* 8:45-9:45 am</p> <p>Pool & Billiards* 9-12 pm</p> <p>Duplicate Bridge Lesson 10-11:00 am</p> <p>Tai Chi 10-11:00 am</p> <p>Dice: LCR or Dice 3000* 10-12 pm (every week)</p> <p>Men's Discussion Group* 10:30-12 pm (1st Tues.)</p> <p>Duplicate Bridge 11:30-3:30 pm</p> <p>Congregate Lunch 12 pm</p> <p>MVP Zumba/Bokwa* 1-2 pm (Seasonal)</p> <p>Basic Computer Class* 10-12 noon</p> <p>Tai Chi for Arthritis 2:15-3:15 pm</p> <p>Scrabble* 1-4 pm</p> <p>Hand & Foot/Mexican Train* 1-4 pm</p>	<p>Exercise to Tapes* 8:45-9:45 am</p> <p>Senior Investment Club 9:30-11:30 am (1st & 2nd Wed.)</p> <p>Hobby Hula* 10-11:00 am</p> <p>TOPS 10-11:30 am</p> <p>Memories to Memoirs* 10-12 pm (2nd Wed)</p> <p>Social Bridge* 10-12 pm</p> <p>Rummikub* 10-12 pm</p> <p>Craft Class * (2x/month) 10-12 pm</p> <p>Men's Discussion Group* 10:30-12 pm (3rd Wed)</p> <p>Congregate Lunch 12 pm</p> <p>Strength & Conditioning 1pm-1:45pm</p> <p>Poker* 1-3 pm</p> <p>Crocheting & Knitting* 1-3 pm</p> <p>Healthy Bones for Life* (Medical Clearance & paperwork required to attend) 2:30-3:30 pm</p>	<p>Exercise to Tapes* 8:45-9:45 am</p> <p>Pool & Billiards* 9-12 pm</p> <p>Yoga 10-11:00 am</p> <p>Chorus* 10:00-11:30 am</p> <p>Watercolors & Sketching 10-12:30 pm</p> <p>Seton Health "Seniorcize"* 11-12 pm (Seasonal)</p> <p>Duplicate Bridge 12:00-4 pm</p> <p>Congregate Lunch 12 pm</p> <p>Pinochle* 12:30-3 pm</p> <p>American Mahjong* 12:30-4 pm</p> <p>Asian Mahjong* 1-4 pm</p>	<p>Orchestra* 9-10:55 am</p> <p>Tap Advanced 9-10 am</p> <p>Woodcarving* 9-12noon</p> <p>Ballet 10-10:45 am</p> <p>Bocce* (Sept - Oct) 10-11:30 am</p> <p>Dominoes* 10-11:30 am</p> <p>Social Bridge* 10-12noon</p> <p>Blood Pressure Clinic* 10:30-11:30 am (monthly)</p> <p>Big Band* 10:55-12:20 pm</p> <p>Diabetes Workshop* 11am-12 pm (1x/Month)</p> <p>Movie Day* 12:30 pm (1st Friday)</p> <p>BINGO 12:30 pm (dates below)</p> <p>Congregate Lunch 12 pm</p> <p>Creative Jewelry Making* 12:30 - 2:00 pm (every other)</p> <p>Learn to Play Strategic Scrabble* 1 pm - 4:00 pm</p> <p>Latin Line Dancing 1:15-2:15pm</p> <p>Healthy Bones for Life* (Medical Clearance & paperwork required to attend) 2:30-3:30 pm</p>

*denotes free activity/class for members



MOVIE MATINEE: SNEAKERS (1992)
 Friday, September 6, 2019 at 12:30pm
 Starring Robert Redford, Dan Aykroyd, Sidney Poitier
 Comedy, Crime, Drama. PG-13. 2 hour 6 minutes
 A security pro finds his past coming back to haunt him, when he and his unique team are tasked with retrieving a particularly important item.



12:30 pm
Friday, 9/13, 9/20, 9/27

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

- ☆ **A TRIBUTE TO AMERICAN BANDSTAND AT THE LOG CABIN (WAIT LIST ONLY)**
Thursday, September 19th – (9:15am departure from the Ice Rink)

- ☆ **WASHINGTON, DC: (WAIT LIST ONLY)**
Thursday, October 10-Monday, October 14
\$635 Per Person (Double Occupancy) - \$30 additional for non-members

- ☆ **SARATOGA VAN TRIP TO THE NATIONAL MUSEUM OF RACING & THE AUTOMOBILE MUSEUM**
Thursday, October 24th, 2019
The National Museum of Racing houses a diverse collection of art, artifacts, and memorabilia that seeks to document the social, economic, political, and cultural history of Thoroughbred racing in America from the eighteenth century to the present. Special exhibits include: Women in Racing.
Join everyone at Ravenswood for lunch after the trip. Everyone will pay for their own meal.
(9:00 am Departure from the Senior Center - 1:00 pm Return) \$12 per person – Senior Center Members Only

- ☆ **KYKUIT - ROCKEFELLER ESTATE AND WALKWAY OVER THE HUDSON**
Thursday, November 7th, 2019
Experience the World's Longest Elevated Pedestrian Bridge with a 360 degree view of the Hudson Valley's breath-taking river and mountains during the fall foliage season. After lunch enjoy this Majestic Paradise atop the highest point in the town of Sleepy Hollow, with sweeping river views. The 2 ¼ hour Classic Tour includes the shuttle bus ride to Kykuit. We will visit the main floor of the house, art galleries, Inner Garden, golf room, and Coach Barn. \$80 Members/ \$88 Non-Members (includes hot meal)

- ☆ **HOLIDAY TRAIN SHOW - NYC BOTANICAL GARDENS & HOLIDAY LIGHTS AT THE BRONX ZOO**
Wednesday, December 4th, 2019 (8:00 am Departure – 8:30 pm Return)
Holiday Train Show - NYC Botanical Gardens: This year's exhibition showcases Central Park, with new replicas of its iconic architectural features, including Belvedere Castle, the Dairy, and more—all presented in a uniquely immersive special exhibition space adjacent to the Enid A. Haupt Conservatory.
HOLIDAY LIGHTS AT THE BRONX ZOO: The zoo will be decorated for the holiday season.
\$56 Members/ \$61 Non-Members (meals are not included)

- ☆ **ALBANY CAPITAL LIGHTS IN THE PARK** ****BACK BY POPULAR DEMAND!****
Monday December 16, 2019 (We'll meet for dinner at the Halfmoon diner at 4:45pm. Separate checks for everyone). A Trolley will pick us up from the diner, bring us to the Park & back. Includes Transportation from the Diner and Admission to the Park. Everyone will pay for their own dinner.
\$19 per person - Members only

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!!

Neither the Clifton Park Senior Community Center nor the Town of Clifton Park can endorse or take responsibility for any organizations or services advertised in this publication.

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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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.