



Clifton Park Senior Community Center February 2020 - Monthly Newsletter

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 after hours.

Upcoming Center Closings

PRESIDENT'S DAY:
2/17/20



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



The Snow Ball



at the Clifton Park Senior Community Center

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

Food prepared by:

Home of the
Good Shepherd

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

We Do Fondue
We Go With The Flow

- ♦ Chocolate Fondue ♦ Punch Fountain ♦

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



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



UPcoming EVENTS

Wednesday, February 5th	12:00pm	Bowling Club at Spare Time (2/5, 2/19, 3/4, 3/18)
Monday, February 10th	5:30pm	“Snow Ball” Dinner
Friday, February 14th	10:00am - 11:00am	Monthly Blood Pressure Clinic
Friday, February 14th	12:30pm	Valentine’s Day! Join us for punch & cookies in the Lobby!
Saturday, February 15th		Town of Clifton Park Winterfest
Wednesday, February 19th	12:30pm	EEE: “From Farms to Suburbs: Clifton Park after the Northway” by Historian John Scherer
Tuesday, February 25th	1:00pm	Bokwa Dance Moves - New Session Begins
Friday, February 28th	2:00pm - 6:00pm	American Red Cross Blood Drive
Wednesday, March 4th	Day Trip	TRIP: Culinary Institute of America, Hyde Park, NY
Wednesday, March 11th	1:00pm	Spring Birthday Party Bash Service Project
Tuesday, March 17th	Day Trip	TRIP: Majestic Theater , Springfield, MA - “Misgivings”
Tuesday, March 17th	12:30pm	Join us for a St. Patrick’s Day celebration in the Lobby. Wear your green!!
Wednesday, March 18th	11:30am - 1:30pm	Book Tasting Event
Thursday, March 25th	Day Trip	TRIP: Capital Rep - “The Irish...and How They Got That Way”
Saturday , March 28th	9:00am-4:00pm	Spring Book Sale
Sunday, March 29th	11:00am-3:00pm	Spring Book Sale
Wednesday, April 15th	10:00am	Turning Memories to Memoirs Spring Session Begins
Thursday, April 23rd	10:00am	Golf League Information Meeting
Saturday, May 23rd - May 30th	7-Day Cruise	TRIP: Norwegian Pearl Cruise - Sign up by February 28, 2020!!
Sunday, Oct 11th - Oct 15th	5-Day Trip	TRIP: New Orleans - Sign up by March 31, 2020!!



TRY A NEW GENRE

11:30am to 1:30pm

WED MARCH 18th

Book Tasting
at
The Clifton Park Senior Community Center

Wednesday, March 18th from 11:30am - 1:30pm.
Drop in, sample free books, and take one home with you. Sample the snacks and vote for your favorite!



Educate ☆ Entertain ☆ Explore

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

All Presentations begin at 12:30pm

Wednesday, February 19, 2020 at 12:30pm

"FROM FARMS to SUBURBS: Clifton Park after the Northway"

Town Historian, John Scherer, will deliver a power point presentation entitled "From Farms to Suburbs: Clifton Park after the Northway." The opening of the Northway to Clifton Park in 1959 caused the rapid growth of the town from a farming community to housing subdivisions for commuters to jobs in Albany, Troy, Schenectady and Saratoga. In a short span of time the town's population grew from 4,500 residents to 35,000. Learn why people moved to the country and how Clifton Park evolved from a sleepy farming town to a bustling suburb for the Capitol District. Participants own memories of Clifton Park will be welcome!

If you have a talent to share, please let the front desk know.

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.

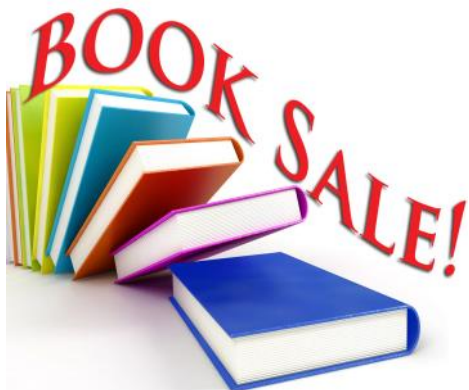
SERVICE PROJECT

Spring Birthday Party Bash Service Project

We are collecting birthday party supplies to offer birthday bags for the children at Captain. We'll need cake mixes, frosting, candles, etc. We will also need small toys or games for the birthday child. Anything that is new and unused (partial packages are great). Plain colorful paper products are fine too.



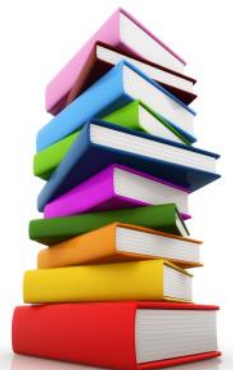
Our seniors will have a **Birthday Party on Wednesday March 11th at 1pm**. We will decorate bags and fill them with a Cake Mix, Frosting, Candles and supplies for the children to later have a small birthday party with their family and friends. You'll be invited to come play some games, have some cake 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 for the children. Please bring anything that you can contribute for the Birthday Party Bags. The children will love it!



2-DAY Spring Book Sale!

Saturday, March 28th from 9am - 4pm
Sunday, March 29th from 11am - 3pm

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



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



BASIC COMPUTER SKILLS
with Bob Stromberg
Tuesdays from 1:00pm – 3:00pm
Membership not required. Free.
Registration Required.

Feb 4th: Learn your iPhone (and iPad): The Basics

Feb 11th: Getting started with Windows 10

Feb 18th: Getting better at working with Windows 10

Feb 25th: Using Google services: Gmail, contacts, and calendar

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



Discussion Group
Mondays (2nd & 4th)
10:30am—12:00pm

Our Discussion Group meets on the second & fourth Mondays at 10:30am - 12pm. Some recently discussed topics included:

- *Should you try CBD?
- *What do your doodles say about you?
- *Ten medical myths
- *Longevity—affected by where you live?

Come join us!
All members are welcome!!

Turning Memories to Memoirs - Spring Session

April 15, 22, 29, May 6 and 13

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. Space is limited. To sign up, call the Center at 518-383-1343.

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



Watercolors with
Mary Fekete
Thursdays at 10:00am
3/5, 3/19, 4/9, 4/23
(4 week session for \$20)
Mary will offer **NEW first-time students a 4-week session free of charge!** Space is limited. Please sign up at the Front Desk

Craft Connection

12:30pm - 1:30pm

Wednesday, February 12th

Valentine Door Hanger with Guest Crafter Mary

The only thing required is a sense of humor and a willingness to try. Advance sign up required as space is limited. Examples of the upcoming month's projects will be at the front desk.

Creative Jewelry Making

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

February 7th & February 21st

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!

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!



A Sincere Thanks

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



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

The cost of membership at the Center is only \$15 annually.

All memberships expired December 31, 2019, regardless of when you joined.

Membership Highlights:

Monthly newsletter delivered to your home or email

Free DVD rentals

Discounts on trips/monthly dinners/select classes

Access to classes available to members only

First opportunity for sign-ups

Free computer classes/lessons

Trips with sister senior centers at member pricing

Special Southern Saratoga YMCA Days

Treats from Hannaford, Bruegger's Bagels, Panera Bread and Dolce & Biscotti Bakery

And more...



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.



THINGS TO KNOW

AARP Tax Assistance

We are now accepting appointments!

TaxAide, the free income tax assistance program sponsored by AARP Foundation and the IRS, will be offering free income tax services again this year! Appointments must be made in person at the front desk. At that time, we will provide you with a packet of important information that will ensure the process is as smooth as possible.

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

We Accept Donations!

We accept donations of:

- Wheelchairs and seated walkers (which we loan out short and long term)
- Books and DVDs (which we loan out)
- We are also looking for donations of large outdoor umbrellas, arm chairs, bookcases, desks, mahjong set

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.

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. All are welcome regardless of where you live.

Forget-Me-Not Shoppe

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



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

*****REMINDER*** IT'S TIME TO RENEW!**

ALL members must complete an updated 2020 Membership Application, to be submitted with your annual membership fee of \$15.

All memberships expire December 31, 2019, regardless of when you join. Members receive our monthly Newsletter to keep up to date on our special events.



FEBRUARY IS AMERICAN HEART MONTH

Heart disease has probably already touched you or someone you know. Make it your mission to fight heart disease and stop the No. 1 killer in America. Go Red for someone you love!

ENTERTAINMENT & THE ARTS



THE CAPITAL DANCE ORCHESTRA

7:00 pm on Saturdays:
February 8th
March 14th
April 11th

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

OPEN
to the
PUBLIC

RED HAT MAMAS:

Wednesday, Feb 12th, 12:00 noon at Grecian Gardens Pizza & Restaurant, 1612 Route 9, Halfmoon. 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:

Come celebrate Valentines together on Saturday, February 15th at 12:30pm, at The Edison Club, 891 Riverview Road, Rexford. We will order off the menu, have separate checks, and recognize birthdays for the month. Please RSVP to Sandy Nolin at 518-399-5812 or sandra4shen@aol.com by Wednesday, February 12th.



FEBRUARY 2020 ART SHOW AT THE CLIFTON PARK SENIOR COMMUNITY CENTER

A one woman show titled "From Abstraction to Flow" will be held in the Gallery at the Clifton Park Senior Community Center for the month of February by local artist Valerie Wolf. Valerie will be presenting a show of her art pieces featuring many bright colors to lead us through this long winter. Her works included will be samples of both her acrylic abstracts and flow method. She is a member of the Southern Saratoga Art Society.

For more information about Valerie and SSAS visit their website: southernsaratogaartist.com



WINTERFEST
TOWN OF CLIFTON PARK
Saturday, February 15, 2020
Free Admission Throughout Town!

Join us for the Clifton Park Idol Contest, Best Soup Contest, Music, Ice Fishing, Kids Activities and Lots More!

Pick up a brochure at Town Hall or find it online at www.cliftonpark.org or call 518-371-6667

Join Us for a Day Full of Seasonal Fun at These Great Locations!

- Ice fishing at Barney Road
- Horse-drawn sleigh rides, s'mores and scavenger hunts at Riverview Orchards
- Taste of Clifton Park Best Soup contest, Clifton Park Idol contest, Community Chorus, Kids crafts and more!




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

SOUL LINE DANCING

Instructed by Mary & Frank Colby
Mondays from 1:00pm - 2:00pm
2/3, 2/10, 2/24 (\$12/month)

LATIN LINE DANCING

Instructed by Ray Nunez & Mark Nunez
Fridays from 1:15pm - 2:15pm
2/7, 2/14, 2/21, 2/28 (\$12/month)

CHAIR YOGA *Instructed by Bonnie Furlong, RN*

Mondays 10:00am - 11:00am
3/23, 3/30, 4/6, 4/20, 4/27 (\$35/5-week session)

CLOGGING (Beginner) *Instructed by Fran Beaudoin*

Mondays 11:00am - 11:45am
2/10, 3/2, 3/9, 3/23, 3/30 (\$35/5-week session)

CLOGGING (Intermediate)

Instructed by Fran Beaudoin
Mondays 12noon - 1:00pm
2/10, 3/2, 3/9, 3/23, 3/30 (\$35/5-week session)



STRONG BONES & BALANCE

Instructed by Teresa Burke
Wednesdays at 1:15pm - 2:00pm
This is now a DROP-IN program!
Pay as you go, on the day of the class!
\$5 - Cash or Check



HOBBY HULA

4-week session instructed by Susanne Poulette
Wednesdays from 10am - 11am
2/5, 2/12, 2/19, 2/26 - FREE

BOWLING CLUB at Spare Time

Come have some fun!

No experience necessary!

Every other Wednesdays from 12pm-2:30pm
2/5, 2/19, 3/4, 3/18, 4/1, 4/15, 4/29.

\$10 paid at Spare Time, 1668 Route 9, CP. This will include 2 games, shoes, 2 slices of pizza, coffee or soda.
Call the Center & sign up today!

TAI CHI *Instructed by Bonnie Furlong, RN*

Tuesdays at 10:00am - 11:00am
3/24, 3/31, 4/7, 4/21, 4/28, 5/5, 5/12 (\$49/7-week session)

TAI CHI FOR ARTHRITIS (Seated and/or Standing)

Instructed by Rich Martin
Tuesdays at 2:15pm
2/11, 2/18, 2/25, 3/3, 3/10, 3/17 (\$42/6-week session)



BOKWA DANCE MOVES compliments of MVP HealthCare

Dates: 2/25 - 5/12 (Tuesdays)

Time: 1:00pm - 1:45pm

This energizing cardio routine uses the shape of the alphabet letters and numbers for dance steps. It is also good for keeping your brain healthy and sharp. Bokwa is an easy fitness program for all ages. Space is limited. Please stop by the front desk or call the Center at (518) 383-1343 to register for the **first class**. Registration for weekly classes will be accepted each week during class, for the following week. ***This MVP Living Well Program is free, compliments of MVP Health Care***



Low Impact Aerobic Exercise to Tape - every Tuesday, Wednesday & Thursday; 9:00am - 10:00am;

Early risers - please join us!!

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 Informational Meeting to be held on: Thursday, 4/23 at 10am

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 23rd!

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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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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SARATOGA COUNTY OFFICE FOR THE AGING - FEBRUARY 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
3	4	5	6	7
Baked Fish w/ Picatta Sauce Over Brown Rice Spinach Warm Apple Cob- bler	Herb Chicken w/Gravy Stuffing Butternut Squash Dinner Roll Mandarin Oranges	Pork Loin w/Cranberry Mustard Sauce Red Bliss Potato Vegetable Trio Pears	Spanish Beef & Rice Casserole Carrots Warm Cornbread Apricot Whip	Chicken Cacciatore Pasta w/Sauce Peas Chocolate Cookies
10	11	12	13	14 <i>Valentine's Day</i>
Creamy Chicken Vegetable Stew Broccoli Warm Biscuit Mandarin Oranges	Apple Glazed Pork Mashed Sweet Potatoes Cabbage Dinner Roll Pineapple	Macaroni & Cheese Stewed Tomatoes Brussels Sprouts Yogurt	Fiesta Meatloaf Mashed Potatoes Mexican Corn Fruit Jell O w/ Whipped Topping	<i>Special</i> Vegetable Lasagna Key Biscayne Vegetables Warm Garlic Roll Red Velvet Cake with Cream Cheese Frosting
17	18	19 <i>Birthday</i>	20	21
Closed Washington's Birthday	Pasta w/Meatballs Mixed Vegetables Parmesan Cheese Peaches	<i>Special</i> Five Spice Chicken Cubed Sweet Potato Beets Dinner Roll Frosted Cake	Italian Stew Rice Green Beans Chocolate Pudding w/Whipped Topping	Turkey W/Gravy & Stuffing Broccoli & Cauliflower Warm Cranberry Crunch
24	25 <i>Mardi Gras</i>	26	27	28
Chili Key Biscayne Vegetables Warm Cornbread Fruit Cocktail	<i>Special</i> Bourbon Chicken Rice Bacon Green Beans Spice Cake w/ Frosting	Tuna Noodle Casserole Peas & Carrots Warm Biscuit Mandarin Oranges	Roast Pork w/Gravy & Mashed Potatoes Brussels Sprouts Warm Apple Crisp	Veggie Breakfast Sausage French Toast Strata w/ Syrup Warm Spiced Peaches Orange Juice

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**

VOLUNTEERS NEEDED in Clifton Park

The Home Delivered Meals Program of Saratoga County is in **IMMEDIATE URGENT** need of volunteers to deliver meals to the homebound elderly of your community.

The program is designed to help those 60 years of age or older, who are homebound, to maintain their independence and remain in their homes for a long as possible, by providing a hot meal and daily check on their safety. Meal delivery takes less than an hour. Training is provided.

For more information, please call Karen at 518-363-4020 .

Thank You!

DAILY ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
Tap (Int. II) 9-10 am Jazz 10-10:45 am Chair Yoga 10-11:00 am Bocce* (May - Oct) 10-11:30 am Adult Coloring* 10:30-12 pm (1st, 3rd Mon) Discussion Group* 10:30-12 pm (2nd, 4th Mon) Beginner Clogging 11-11:45 am Congregate Lunch 12 pm Intermediate Clogging 12-1:00 pm Soul Line Dancing 1-2 pm Quilting Group* 1-3 pm Beginner Bridge* 1:30-3:30 pm Healthy Bones for Life* (Medical Clearance & paperwork required to attend) 2:30-3:30 pm	Exercise to Tapes* 9:00-10:00 am Pool & Billiards* 9-12 pm Duplicate Bridge Lesson 10-11:00 am Tai Chi 10-11:00 am Dice: LCR or Dice 3000* 10-12 pm (every week) Duplicate Bridge 11:30-3:30 pm Congregate Lunch 12 pm MVP Zumba/Bokwa* 1-2 pm (Seasonal) Basic Computer Class* 1-3 pm Scrabble* 1-4 pm Hand & Foot/Mexican Train* 1-4 pm Tai Chi for Arthritis 2:15-3:15 pm	Exercise to Tapes* 9:00-10:00 am Senior Investment Club 9:30-11:30 am (1st & 2nd Wed.) Hobby Hula* 10-11:00 am TOPS 10-11:30 am Memories to Memoirs* 10-12 pm (2nd Wed) Social Bridge* 10-12 pm Rummikub* 10-12 pm Bowling Club 12 pm (every other week) Congregate Lunch 12 pm Craft Class * (2x/month) 12:30-1:30 pm Poker* 1-3 pm Crocheting & Knitting* 1-3 pm Strong Bones & Balance 1:15 - 2:00 pm Healthy Bones for Life* (Medical Clearance & paperwork required to attend) 2:30-3:30 pm	Golf League 7:30 am (May - Sept) Exercise to Tapes* 9:00-9:55 am Pool & Billiards* 9-12 pm Yoga 9:55-10:55 am Chorus* 10:00-11:30 am Watercolors & Sketching 10-12:30 pm Seton Health "Seniorcize"* 11-12 pm (Seasonal) Duplicate Bridge 12:00-4 pm Congregate Lunch 12 pm Pinochle* 12:30-3 pm American Mahjong* 12:30-4 pm Asian Mahjong* 1-4 pm	Orchestra* 9-10:55 am Tap Advanced 9-10 am Woodcarving* 9-12noon Ballet 10-10:45 am Bocce* (Sept - Oct) 10-11:30 am Dominoes* 10-11:30 am Social Bridge* 10-12noon Blood Pressure Clinic* 10:30-11:30 am (monthly) Big Band* 10:55-12:20 pm Diabetes Workshop* 11am-12 pm (1x/Month) Movie Day* 12:30 pm (1st Friday) BINGO 12:30 pm (see below) Congregate Lunch 12 pm Creative Jewelry Making* 12:30 - 2:00 pm (every other) Learn to Play Strategic Scrabble* 1 pm - 4:00 pm Latin Line Dancing 1:15-2:15pm Healthy Bones for Life* (Medical Clearance & paperwork required to attend) 2:30-3:30 pm
*denotes free activity/class for members				



MOVIE MATINEE: P.S. I Love You (2007)
Friday, February 7, 2020 at 12:30pm (Romance/Comedy (PG13) 2 hour 6 minutes
 A young widow discovers that her late husband has left her 10 messages intended to help ease her pain and start a new life. Based on Cecelia Ahern's joyful bestseller and boasting a top cast led by two-time Academy Award winner Hilary Swank & Gerard Butler, P.S. I Love You is your very own message full of fun, love, triumph and romance. Starring: Hilary Swank, Gerard Butler, Lisa Kudrow



We are in need of BINGO Callers!

Please contact the front desk if interested, so we can continue holding weekly BINGO!

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.



MONTHLY BLOOD PRESSURE CLINIC

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.



Fridays from 10:00am - 11:00am on:

February 14th

March 13th

April 10th

May 15th



Give blood.

Every 2 seconds someone in the U.S. needs blood.

American Red Cross

Clifton Park Senior Community Center Blood Drive

6 Clifton Common Court, Clifton Park Community Room

**Friday, February 28, 2020
2:00 p.m. to 6:00 p.m.**

Please contact the Red Cross at redcrossblood.org or 1-800-redcross to schedule an appointment. Use sponsor keyword CLIFTONPARKSENIORS



Historic Grooms Tavern

First Friday Program

February 7, 2020 7 pm

*An Evening with the
Not So Common Players*



Some of the wonderful past performances

The Not So Common Players are celebrating their 20th season in our community. Come learn about the Community Theatre group through the history and take look at different shows they have performed and a sneak peak of their upcoming productions.

Grooms Tavern is located at 290 Sugarhill Road.

Please call Parks, Recreation, and Community Affairs for more information at 518-371-6667.

Parking is off Grooms road enter through the back entrance



We're Searching for Volunteers

Do you like planning activities? What do YOU want to do? This is your chance to get involved! We are always looking for dedicated, enthusiastic volunteers whose time and effort allow us to continue expanding and improving our programs and services. Join us and have some fun!

- **Class Instructor/Program Leader:** There are opportunities to lead weekly classes in a wide range of subjects (ie. art, current events, languages, history, photography, crafts, science, card playing and more).
- **Group or Club Leader:** Do you have a hobby or special interest that is not currently represented at the Senior Center? Consider leading a group or club and connect with like-minded members. Whether it is a book club, walking club, cooking, or anything else you like to do, there are probably others at the Center who would like to join you.
- **Dinner Committee:** Looking for Committee Members to assist with planning, promoting, set-up, and event day help and clean up of our monthly dinners.
- **Trips Committee:** Looking for Committee Members to assist with planning, promoting & organizing Day trips.
- **Front Desk Ambassador:** Great way to meet everyone! Front Desk Ambassador will greet newcomers & members, assist with answering phones, replenish coffee.
- **Special Events Committee:** Looking for Lead Coordinator & Committee members to help with planning and facilitation of events such as talent shows, fashion shows, speed friending, etc.
- **Bingo Volunteer** - We need Bingo callers! Bingo is at 12:30pm on every Friday except the first Friday of the month.
- **Service Project(s) Volunteers** - Looking for volunteers to help coordinate service project(s) for our community. Do you have ideas for things that we can make or do? In the past we have made stockings for soldiers, provided food for local food pantry's, adopted a child for Christmas.



Sign up sheet located at the front desk!

TRIPS

Culinary Institute of America, Hyde Park NY

'Bocuse' French cuisine and tour the **Millbrook Winery & Vineyard**, Millbrook, NY

Wednesday, March 4th - \$73 member/\$78 nonmember

Majestic Theater, Springfield MA

'Misgivings' – Comedian Dave Kane brings us New England's most hilarious and entertaining one-man show, an interactive comedy. A 'Divine' comedy full of belly laughs, blessings, blarney, and bingo! Enjoy a lunch buffet at the **Take 5 Restaurant**, Feeding Hills MA

Tuesday, March 17th - \$71 member/\$78 nonmember

Capital Rep – **'The Irish...and How They Got That Way'** – featuring the music of Ireland - Set in McCourt's Pub, the narration by Frank McCourt weaves a buoyant blend of traditional songs, show tunes and pop – from 'Danny Boy' and George M Cohan to U2 – with a remind of the injustices, humiliations and privations suffered by the Irish people both in Ireland and here in their new neighborhoods in America. Followed by lunch on your own at an Albany restaurant-TBA

Thursday, March 25th - \$14/pp members only



7-Day Norwegian Pearl Cruise May 23rd -May 30th

Halifax (Nova Scotia); Saint John, Bar Harbor (Maine); Portland (Maine); Newport (Rhode Island). Inside Room: \$1,200/person (double) - Oceanview \$1,400/person (double)

Includes all government taxes & insurance. (Does not include tipping & excursions)

Transportation provided to/from NYC. Enhanced License or Passport Required. See Center Flyer for Onboard Perks



5-Day Spotlight on New Orleans October 11th -15th (Collette Tours)

Experience a spirited jazz revue at a jazz club in the French Quarter. Soak in the ambiance of the old South with a drive along St Charles Avenue. Indulge in a taste of a New Orleans favorite- beignets at Café Du Monde. Enjoy dinner at the Court of Two Sisters. Learn to cook New Orleans-style at the New Orleans School of Cooking. Journey through Louisiana's swamp country on a narrated cruise. Join a local guide for a walking tour of the famous French Quarter. Enjoy a panoramic tour of New Orleans featuring St. Louis Cemetery, opened in 1853. Starting at \$1999/pp double occupancy. Book before 3/31/2020. Includes round trip air from Albany Airport.

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



JOHANNE

PICTURE
COMING
SOON!



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

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 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 Teresa Brobston	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 ap-



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.