



Clifton Park Senior Community Center

March 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

MEMORIAL DAY
MONDAY, 5/25

 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

MARCH DINNER

Provided by Coburg Village

MARCH 16

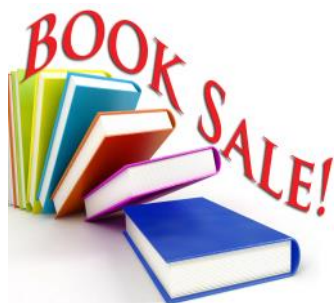
Butternut and Apple Salad on Baby Greens
Classic Dinner Rolls
Roasted Chicken with Herb Gravy
Whipped Potatoes
Green Beans with Caramelized Onions & Almonds
Warm Apple Dumpling with
Cinnamon Whipped Cream

🍀 Doors open at @5PM 🍀



Members: \$10.00
Non-Members: \$15.00
Pre-registration required! Sign up today!

Tickets for the **APRIL DINNER** will be made available on March 23rd.



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.

UPcoming EVENTS

Wednesday, March 4th	12:00pm	Bowling Club at Spare Time (3/4, 3/18)
Wednesday, March 4th	Day Trip	TRIP: Culinary Institute of America, Hyde Park & Millbrook Vineyards
Monday, March 9th	1:15pm	EEE: Ukulele Sing-A-Long with Ron
Wednesday, March 11th	1:00pm	SERVICE PROJECT: Spring Birthday Party Bash Service Project
Friday, March 13th	1:00pm	Orchestra Concert
Monday, March 16th	5:00pm	Monthly Dinner - Meal prepared by Coburg Village
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 - Walk ins welcome!
Friday, March 20th	1:00pm	Swing Band Concert
Monday, March 23rd	9:00am	Tickets go on sale for our April 23rd Dinner provided by The Eddy
Wednesday, March 25th	Day Trip	TRIP: Capital Rep - "The Irish...and How They Got That Way"
Wednesday, March 25th	12:30pm	EEE: Stress Proof Your Brain - Presented by Sheryl Kaplan
Saturday , March 28th	9:00am-4:00pm	Spring Book Sale
Sunday, March 29th	11:00am-3:00pm	Spring Book Sale
Tuesday, April 7th	7:30am departure	TRIP: The Harriet Tubman Home, Auburn, NY / Wine Tasting at the Thirsty Owl Winery
Wednesday, April 8th	9:30am	AARP Smart Drive Course
Friday, April 10th	11:00am-12:30pm	EEE: Meet the Easter Bunny's Helpers! Come and meet live rabbits!
Wednesday, April 15th	10:00am	Turning Memories to Memoirs - Spring Session
Wednesday, April 22nd	5:00pm	Monthly Dinner - Meal prepared by The Eddy (<i>Tickets go on sale Monday, March 23rd</i>)
Thursday, April 23rd	9:00am departure	TRIP: Clove Creek Dinner Theater in Fishkill, NY - "Over the River & Through the Woods"
Thursday, April 23rd	10:00am	Golf League Information Meeting
Thursday, April 30th	11:00am	Seton Health "Seniorcise" Session Begins (Screening on April 23rd)
Saturday, May 23rd - May 30th	7-Day Cruise	TRIP: Norwegian Pearl Cruise
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

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.

Monday, March 9th from 1:15pm - 2:15pm

Ukulele Sing-A-Long with Ron

Come and join us for a Ukulele Sing-A-Long with Ron. He will be playing the Ukulele and singing popular songs from 1910 to the 1990's.

Free "learn to play" lessons will be available for members Mondays, March 16th, 23rd & 30th.

Wednesday, March 25, 2020 at 12:30pm

Stress Proof Your Brain - Presented by Sheryl Kaplan

"Stress affects everyone and is an inevitable part of life, A certain amount of stress is normal and necessary for survival, but intense and prolonged stress can negatively impact both brain and body. Today Sheryl will discuss recent findings on how stress affects the brain and will share practical tools and strategies to better manage stress in our lives and take care of our brains. Sheryl Kaplan is a Licensed Clinical Social Worker and a Credentialed Prevention Professional with over 30 years of experience providing individual, family and group counseling to children, adolescents and adults. Ms Kaplan is now a full time trainer and consultant who specializes in the application of brain-based research.

Friday, April 10th from 11am - 12:30pm

Meet the Easter Bunny's Helpers!!

Come and meet live rabbits! Families welcome & pictures are permitted.

Support a local Girl Scout Bethany. She is earning her Bronze Award!

Light refreshments will be served.



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 need small toys or games for the birthday child. Anything that is new and unused (partial packages are great). We need handled gift bags, plain bags that we can decorate or decorative bags.



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!

SPONSORED BY FRIENDLY'S & HANNAFORD

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. Space is Limited.

March 3rd: Improving online privacy

March 10th: Using the new Apple Maps and Google Maps

March 17th: Getting better with Windows 10

March 24th: Buying a computer or tablet or cell phone

March 31st: Online shopping more safely: 2FA and authenticators

Bob will be happy to schedule one-on-ones on Tuesdays & Thursdays for members only.

Please contact the front desk to sign up in advance.



Turning Memories to Memoirs - Spring Session

April 15, 22, 29 and May 6, 13

Wednesdays from 10:00 am – 12:00 pm

This 5 week writing workshop, sponsored by the Clifton-Park Halfmoon Library, 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.

FREE. Space is limited. Please contact the front desk to sign up in advance.

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

Creative Jewelry Making

12:30pm - 2:00 pm

Friday, March 6th

Earring Project (pierced or non pierced)

No Experience Necessary! Beads & tools available.

The Creative Jewelry Making class also meets every other week on an informal basis, for our own creations.

All are welcome.

Craft Connection

12:30pm - 1:30pm

Wednesday, March 18th: Cards with Guest Crafter Chris

Wednesday, March 25th: Craft with Rosemarie

Wednesday, April 1st: Easter Craft 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.






Thank you to Home of the Good Shepherd for a wonderful catered event at our February Snow Ball. We all enjoyed the delicious chocolate fountain & punch fountain from Craig Wander of We Do Fondue. The exceptional musical entertainment was once again provided by The Capital Dance Orchestra.

A TRADITION OF SUPERIOR CARE IN
Assisted Living & Enhanced Assisted Living

A Choice Instead of a Nursing Home




Our Enhanced Living Offers:

- Physical assistance with ambulation and transferring
- Assistance with ADLs including: bathing, showering and feeding
- Medication management and skilled nursing tasks
- Blood Glucose Monitoring
- Catheter/Foley Care

Home of the Good Shepherd

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

homeofthegoodshepherd.com



Capital Dance Orchestra is a 17-piece big band playing the sounds of Artie Shaw, Glenn Miller, Benny Goodman, Duke Ellington, and more. This swinging band knows how to get the audience out on the dance floor! 518-858-9614

The Capital Dance Orchestra will be performing at the Center on Saturday, April 11th at 7pm. All are Welcome! \$5 at the door for Senior Center members and \$10 non-members.

We Do Fondue

We Go With The Flow

29 TURNER PL, ALBANY, NY 12209 | CAPITAL REGION: (518) 209-6773



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 expire December 31st, regardless of when you join.

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 one-on-one 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...

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.

We Accept Donations!

- Wheelchairs and seated walkers (which we loan out short and long term)
- Books, DVDs & puzzles (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 for programs must be in writing and received 10 days prior to the start date, less a \$10 administrative charge. There will be NO refunds after this time. Please keep in mind that there are no refunds for trips & dinners, unless cancelled by the Center.

New Computer!

We have a brand new Windows 10 computer in our Library for our members use!

Share your works of art or a collection you have in our beautiful Oak Display Case, located in the main lobby. The case is lighted and always locked. Please sign up at the front desk.

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 require membership. The cost is only \$15 for all of 2020. All are welcome regardless of where you live.

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.



**Financial Planning, Investments,
Insurance & Tax Preparation**

**TAX PREPARATION
NOW AVAILABLE!!**



518-383-3739

Visit our website...

www.MarAssoc.com



Marshall@MarAssoc.net



6 Sage Court
Clifton Park, NY 12065

Securities and Investment Advisory Services offered through NEXT Financial Group, Inc., Member FINRA/SIPC. Tax Preparation services & Insurance products offered through Marshall Associates. None of the named entities are affiliated. NEXT Financial Group, Inc. does not offer tax advice.. v04a



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

Spring Senior Concerts

Concerts begin at 1:00pm - Open to the Public



March 13

Orchestra

March 20

Swing Band



If you would like to bake some treats for these events, please contact the front desk!



THE CAPITAL DANCE ORCHESTRA

7:00 pm

No Performance in March

Next Performance will be: Saturday, April 11th

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

**OPEN
to the
PUBLIC**

RED HAT MAMAS:

Wednesday, March 11th, 12:00 noon at Peddler's Bar & Bistro, 16 Old Route 9, Clifton Park. Please RSVP by calling Jackie at (518) 630-5796 if your last name begins with A-L or Betty at (518) 406-5167 if your last name begins with M-Z.

SINGLES LUNCH BUNCH:

Saturday, March 21st, 12:30pm at the Factory Eatery, 20 Prospect St., Ballston Spa, NY. We will order off the menu, get separate checks, and recognize birthdays for the month. Please RSVP by Wed. March 18 to Sandy Nolin at (518) 399-5812 or sandra4shen@aol.com



MARCH 2020 ART SHOW AT THE CLIFTON PARK SENIOR COMMUNITY CENTER

A one woman show featuring artist **Deb Hutchins**, will be featured during the month of March in the Gallery at the Clifton Park Senior Community Center. Deb has a deep passion for the Adirondacks and the beauty that abounds there. To capture that with a paintbrush gives her great joy and peace. From the many tranquil waters to the majesty of its mountains, the inspirations are endless.

For more information about Deb and SSAS visit their website: southern-saratoga-artist.com

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

SOUL LINE DANCING

Instructed by Mary & Frank Colby

Mondays from 1:00pm - 2:00pm

3/2, 3/9, 3/16, (no class 3/23), 3/30 (\$12/month)

LATIN LINE DANCING

Instructed by Ray Nunez & Mark Nunez

Fridays from 1:15pm - 2:15pm

3/6, 3/13, 3/20, 3/27 (\$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)

HOBBY HULA

free

4-week session instructed by Susanne Poulette

Wednesdays from 10am - 11am

Classes are Cancelled for March, but will resume in April.

BOKWA DANCE MOVES

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***

CLOGGING (Beginner) *Instructed by Fran Beaudoin*

Mondays 11:00am - 11:45am

4/6, 4/20, 4/27, 5/11 (no class 4/13 & 5/4)

(\$28/4-week session)

CLOGGING (Intermediate) *Instructed by Fran Beaudoin*

Mondays 12noon - 1:00pm

4/6, 4/20, 4/27, 5/11 (no class 4/13 & 5/4)

(\$28/4-week session)

SETON HEALTH "SENIORCISE"

Thursdays from 11:00am - 12:00pm

10-week Session begins April 30th - July 2nd

April 23rd - Required Screening at 11:00am.

Participants must attend the Screening on April 23rd even if you are on the wait list. Doctors note required. This class is provided free of charge, compliments of St. Peter's Health Partners Physical Rehabilitation.

Sign up begins on April 1st.

BOWLING CLUB at Spare Time

Come have some fun!

No experience necessary!

Every other Wednesdays from 12pm-2:30pm

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, (no class 4/14), 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

3/3, 3/10, 3/17, 3/24, 4/7, 4/14

(\$42/6-week session)

STRONG BONES & BALANCE

Instructed by Teresa Burke

Wednesdays at 1:15pm

This class is cancelled until further notice.



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.

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
 TOWNLEYWHEELERFH.COM | 518-399-5022



Entertained, Energized & Enjoying Life

Coburg Village of 17 seven more opportunities to enjoy an active lifestyle

- Spacious Apartments
- Housekeeping
- Maintenance
- Transportation
- Fine & Casual Dining
- Resort-Style Amenities
- Social & Recreational Activities
- Fitness Classes
- Utilities Included
- 24 Hour Staff

Call us for more information and upcoming special events! **518-371-5000**



One Coburg Village Way
 Rexford, NY 12148
 coburgvillage.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!



It doesn't just feel like it.
It is *home*.

At our communities, you become part of our family. And we'll be right here for you with a helping hand.

► Call us today!

Brookdale East Niskayuna
Alzheimer's & Dementia Care
2861 Troy-Schenectady Road
Niskayuna, NY 12309
(518) 782-7381

Brookdale Niskayuna
Enhanced Assisted Living
1786 Union Street
Niskayuna, NY 12309
(518) 346-6935

© 2020 Brookdale Senior Living Inc. All rights reserved. BROOKDALE SENIOR LIVING and BRINGING NEW LIFE TO SENIOR LIVING are registered trademarks of Brookdale Senior Living Inc.

Bringing New Life to Senior Living®



brookdale.com

DIVORCE & FAMILY LAW

D & K

DONNELLAN & KNUSSMAN P.L.C.
ATTORNEYS AT LAW

658 MALTA AVE, SUITE 201
BALLSTON SPA, NY 12020

(518) 309-6094



DKLAWFIRMNY.COM

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

RAYMOND JAMES®

Kevin K. Marin
President | Wealth Solutions Network
Registered Principal | RJFS

Address: 19 Clifton Country Road, Suite 3B
Clifton Park, NY 12065

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

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

Rewire ENERGY

153 Regent Street,
Saratoga Springs
(518) 290-3130

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

People Caring for People!

Assisted Living Long Term Care/Short Term Rehab




BAPTIST HEALTH
Nursing and Rehabilitation Center

With 42 years of experience in long term comprehensive care, transitional care and rehabilitative services, memory focused services, and assisted living.

Judson Meadows
Assisted Living Community
39 Swaggertown Road, Glenville 12302
518-831-2400
JudsonMeadowsAssistedLiving.com



Baptist Health
Nursing & Rehabilitation Ctr.
297 N. Ballston Ave., Scotia 12302
518-370-4700
BaptHealth.com

SARATOGA COUNTY OFFICE FOR THE AGING - MARCH 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 Baked Fish w/Tarragon Sauce Oven Roasted Potatoes Mixed Vegetables Yogurt	3 Baked Ham w/Pineapple Sauce Cubed Sweet Potatoes Cauliflower Spiced Apples & Raisins	4 Chicken Divan Rice Carrots Dinner Roll Pears	5 Roast Beef w/Gravy Mashed Potatoes Spinach Chocolate Pudding w/ Whipped Topping	6 Eggplant Rollatini w/ Marinara Sauce Pasta w/ Marinara Sauce Lima Beans Chocolate Cookies
9 Chicken w/Orange Glaze Sauce Brown Rice Capri Vegetables Mandarin Oranges	10 Sloppy Joe Pasta Bake Brussels Sprouts Warm Garlic Roll Yogurt	11 Hearty Beef Vegetable Soup Stewed Tomatoes Warm Biscuit Oyster Crackers Apple Slices	12 Hot Turkey Sandwich Butternut Squash Broccoli Fruit Jell O w/Whipped Topping	13 Breaded Fish on a Bun Tartar Sauce Carrots Coleslaw Warm Peach Crisp
16 Taco Pasta Bake Spinach Warm Cornbread Pears	17 St. Patrick's Day Special Corned Beef & Cabbage Red Bliss Potato Carrots Irish Soda Roll Green Frosted Brownie 	18 Turkey Chili Rice Key Biscayne Vegetables Tropical Fruit	19 Herb Chicken w/Gravy Stuffing Butternut Squash Orange Whip	20 Baked Fish w/Picatta Sauce over Brown Rice Mixed Vegetables Warm Apple Cobbler
23 Chicken & Biscuit Broccoli Peaches	24 Swedish Meatballs over Noodles Peas & Carrots Warm Cranberry Crunch	25 Birthday Special Apple Glazed Pork Mashed Sweet Potato Cabbage Dinner Roll Frosted Cake 	26 Italian Style Meatloaf Garlic Mashed Potatoes Lima Beans Fruit Jell O w/Whipped Topping	27 Macaroni & Cheese Brussels Sprouts Stewed Tomatoes Pineapple
30 Pasta w/Meatballs Mixed Vegetables Parmesan Cheese Fruit Cocktail	31 Five Spiced Chicken Cubed Sweet Potato Beets Dinner Roll Pears	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		



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



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 4th - 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* 9:00-10:00 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>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* 1-3 pm</p> <p>Scrabble* 1-4 pm</p> <p>Hand & Foot or Mexican Train* 1-4 pm</p> <p>Tai Chi for Arthritis 2:15-3:15 pm</p>	<p>Exercise to Tapes* 9:00-10:00 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>Bowling Club 12 pm (every other week)</p> <p>Congregate Lunch 12 pm</p> <p>Craft Class * (2x/month) 12:30-1:30 pm</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>Golf League 7:30 am (May - Sept)</p> <p>Exercise to Tapes* 9:00-9:55 am</p> <p>Pool & Billiards* 9-12 pm</p> <p>Yoga 9:55-10:55 am</p> <p>Chorus* 10:00-11:30 am</p> <p>Watercolors & Sketching 10-12:30 pm</p> <p>Seton Health "Seniorcise"* 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* (May - 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>Movie Day* 12:30 pm (1st Friday)</p> <p>BINGO 12:30 pm (see 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>
<p><u>Change in schedule for this month:</u> Hobby Hula (Wed 10-11am): No classes in March Duplicate Bridge Lessons on Tuesdays will not be held in March</p> <p>*denotes free activity/class for members</p>				



MOVIE MATINEE: Hellfighters (1968)

Friday, March 6, 2020 at 12:30pm

(Romance/Adventure) (G) 2 hours 1 minute

The Duke heads up an international oil-well firefighting crew, battling raging infernos around the world while trying to keep the home fires from exploding as well! Starring: John Wayne, Katharine Ross, Jim Hutton



FRIDAYS at 12:30pm:

3/13, 3/20 & 3/27

*We are in need of BINGO Callers!
Please contact the front desk
if interested!*

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:

March 13th

April 10th

May 15th

AARP Smart Driver Course

WEDNESDAY, April 8, 2020

9:30am-4:00pm

Clifton Park Senior Community Center

6 Clifton Common Ct., Clifton Park NY 12065

(518) 383-1343

Seats Available: 30

- **Cost: AARP Members: \$20 Non-Members: \$25**
- Advance Reservations Required. Payment must also be received in advance by check or money order only.
- Checks are to be made payable to AARP. Copy of your AARP Membership Card must accompany payment.
- **You MUST bring your Driver's License to the class.**
- After the 30 attendees are selected, others wishing to attend will be put on a waiting list for the next class being offered or will be called to fill any cancellations for the April 8th class.

Refunds: Checks or money orders will be voided only if cancellation is given 3 business days in advance of class. Failure to cancel or not show for class will result in individual being placed on waiting list for next class.

Vending machines are also available for soda, water and snacks



Participants attending the AARP Smart Driver Course can sign up for the Saratoga County Congregate Lunch Program at the Center at 12noon:

- Participants who plan to attend the Congregate Lunch **must call the kitchen at (518) 383-1343 the day before the class,** between the hours of 9:45am and 11:45am, to verify they are having lunch the following day.
- Participants must be age 60 and over.
- Participants under age 60 are allowed if they are accompanied by a senior. They are considered a guest and there is a \$6 fee collected.
- All **first time** participants must sign up for meal in advance by filling out form. Forms are available in the kitchen between the hours of 9:45am – 11:45am.
- Those participants age 60 and over will receive a voluntary contribution letter from the office for the aging. Suggested contribution is \$2/meal.
- Participants under the age of 60 years will make their check payable to NDL c/o Saratoga County Office for the Aging. Must be paid in advance to site manager. Check or cash accepted.



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!

- **Front Desk Ambassador:** Great way to meet everyone! Front Desk Ambassador will greet newcomers & members, assist with answering phones, replenish coffee.
- **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.
- **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 & birthday bags for local food pantry's, provided hand-made beds, blankets, treats, food for local animal shelter, held a cat adoption clinic, participated in the Shenendehowa Quilt Project for children in need.



Sign up sheet located at the front desk!

TRIPS

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 - 9:45am Departure/6:15pm Return
\$71 member/\$78 non-member (Sign up by March 3rd)

Capital Rep : 'The Irish...and How They Got That Way' followed by lunch on your own at an Albany restaurant-TBA
Wednesday, March 25th - 9:00am Departure/3:30pm Return
\$14/pp members only (WAIT LIST ONLY)

The Harriet Tubman Home, Auburn, NY & Wine Tasting: This iconic American Woman...From slavery to freedom with nearly 92 years of service. Known as the Moses of her people. Abolitionist Harriet Tubman housed more than a dozen people as part of the Underground Railroad. Charged with sharing her core values with visitors through this guided tour of the property. Enjoy a hut lunch at Sunset Restaurant followed by a Wine Tasting at the Thirsty Owl Winery, Ovid, NY
Tuesday, April 7th - 7:30am Departure/8:30pm Return
\$65 member/\$72 non-member

Clove Creek Dinner Theater, Fishkill, NY: 'Over the River & Through the Woods' – Nick is a single, Italian-American guy from New Jersey. His parents retired and moved to Florida, but that doesn't mean his family isn't still in Jersey. In fact, he sees both sets of his grandparents every Sunday for dinner. This is the routine until he has to tell them he's been offered a dream job across the country. Thus, begins a series of schemes to keep Nick around. Enjoy lunch and this hilarious show!
Thursday, April 23rd - 9:00am Departure/6:00pm Return
\$83 member/\$90 non-member

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 4/11/2020. Limited Space. 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





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

PRSR STD
 US POSTAGE PAID
 Clifton Park, NY
 Permit No. 58

TO: CURRENT OCCUPANT OR

Town Staff Directory

Town Supervisor Phil Barrett	371-6651
Town Board Members	371-6651
Animal Control Officer	371-6756
Town Attorney Tom McCarthy	371-6651
Assessor Walter Smead	371-6460
Building & Development Director Steve Myers	371-6702
Building & Grounds Director Dan Clemens	371-6651
Town Clerk 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.