



# Clifton Park Senior Community Center

May 2021—Monthly Newsletter

### Center Hours

**Monday-Friday  
9:00am-4:00pm**

Room Rental available after hours for special events.

**6 Clifton Common Court,  
Clifton Park, NY 12065  
518-383-1343**

### Looking for Volunteers!

- Gardeners
- Travel Committee
- Dinner and Special Activities

**To sign-up, call the front desk today!**

### **Class Showcase** **Investment Club**

The Senior Investment Club is a group of men and women interested in learning about investing. During meetings we learn and discuss how to evaluate stocks and utilize that information to invest our monthly contributions. Helpful for anyone with investments they manage or in understanding your advisors strategies and jargon. For information call Bob Sanden 518-877-7130.

### Upcoming Center Closings

**Memorial Day:  
May 31st**

# Clifton Park Senior Center May Dinner

PRESENTED BY MOM & POPS CAFE

Wednesday, May 12th  
Doors open at 5:00pm

\$10.00 Members Only

GARDEN SALAD | DINNER ROLLS  
PASTA PRIMAVERA WITH GRILLED CHICKEN  
SHERBET

### **MOM & POP'S CAFE**

Where Great Food  
Family and Friends  
Come Together



Registration begins May 3rd. Space is very limited.

Per NYS Mandate: All attendees must have proof of a recent negative test result or proof of immunization prior to the event.

Wednesday,  
May 12th  
Time: 12:30pm

# TEA TASTING

SPONSORED BY:



Pre-registration is required.  
Call the Center at  
518-383-1343.

# EDUCATE ☆ Entertain EXPLORE

**Space is Limited. Advanced Registration Required by calling the Center at 518-383-1343**

\*indicates membership not required

Thursdays in May	12:00pm <i>Pick Up</i>	<b>CDPHP Box Lunch To-go:</b> First 100 Senior Center Members. <b>This is a drive thru event.</b> You do not even need to get out of the car!! <b>First Come, First Served!</b>
Friday, May 7	9:30am - 10:30am	<b><u>Trips, Trips, Trips Who wants to travel? Where do you want to go? What do you want to see?</u></b> Bring any information that you have. Let's talk about Day Trips for 2021 See page 4 for info!
Friday, May 7	10:30am - 11:30am <i>At Center or at Home</i>	<b><u>5-Day Spotlight on New Orleans with Colby from Collette Tours</u></b> Experience a spirited jazz revue at a jazz club in the French Quarter. 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 guided walking tour of the French Quarter. Enjoy a panoramic tour of New Orleans featuring St. Louis Cemetery, opened in 1853. <b>Join us here at the Center by pre-registering, OR <a href="#">Click Here</a> to join the Zoom Meeting from Home!</b>
Wednesday, May 12	12:30pm	<b><u>Tea Tasting</u></b> Come and celebrate Mother's Day with a tea tasting that promotes Health and Wellness. Guest speaker and sampler: Linda Smith from <i>Divinitea (1604 Rt. 9)</i> , Co-Sponsored by: <i>Dolce &amp; Biscotti Italian Bakery (1758 Rt. 9)</i> & <i>Big G's Sweet Spot &amp; Chocolate Bar (1602 Rt. 9)</i> . <b>Join us here at the Center by pre-registering.</b>
Thursday, May 13	12:00pm <i>At Center or at Home</i>	<b>*EEE: <u>Eat to Stay Young: Nutrition for Seniors-Presented by Diane Whitten from Cornell Cooperative Extension &amp; Clifton Park Neighbors Connecting</u></b> Phytochemicals, Antioxidants and Super Foods: You've heard of them, but what are they, what do they do and how do you get them from your food? Do you need supplements? How important is water and does coffee count as a fluid? Which foods promote heart health and reduce cancer risk? Knowing the answers to these questions and how to incorporate foods rich in nutrients into your diet may help you live a longer, healthier life. <b>Join us here at the Center by pre-registering, OR <a href="#">Click Here</a> to join the Zoom Meeting from Home!</b>
Friday, May 14	11:00am	<b><u>Jewelry Making Class: Mask Lanyard</u></b> Register in Advance. \$2 supply fee. Sample on display at the front desk.
Tuesday, May 18	12:30pm <i>At Center or at Home</i>	<b>*EEE: <u>Lifestyle Options for Senior Living – Presenter Melonie Pratt &amp; Renee Birnbaum Choice Connections NY</u></b> Understanding Senior Housing. A Free Senior Housing Advisory Service To Help: -Understand Home Care Options; cost, levels of care -Understand Senior Housing; cost, amenities, levels of care -Review Funding Options Available for Care -Other Care Options and Resources Available in the Community <b>Join us here at the Center by pre-registering, OR <a href="#">Click Here</a> to join the Zoom Meeting from Home!</b>
Wednesday, May 19	11:30am	<b><u>Crafts: Button Flower Creations</u></b> Register in Advance. \$2 cash supply fee at registration.
Wednesday & Thursday, May 19-20	1:00pm-4:00pm	<b>*<u>Defensive Driving Course sponsored by Armand Canestraro and the Empire Safety Council:</u></b> DMV approved program provides a 10% reduction for 3 years of liability, no-fault & collision insurance premiums. Please bring: NYS driver's license, pen and water bottle. <b>Pre-registration required \$26/person payable to Armand Canestraro</b>
Thursday, May 20	11:00am <i>At Center or at Home</i>	<b>*EEE: <u>Magic with Mike</u></b> Mike Beehner is a retired family doctor, who has had magic as his hobby for the past 50 years. His interest in magic came about because he would often ride by this small magic store. One day he walked in and bought a handful of small tricks. From there, it ended up being a life-long love affair with magic and bringing smiles to people young and old with his shows. <b>Join us here at the Center by pre-registering, OR <a href="#">Click Here</a> to join the Zoom Meeting from Home!</b>

The Saratoga County Office for the Aging is funded under Title III of the Older Americans Act, as amended, the New York State Office for the Aging and the County of Saratoga.

# Ongoing Activities...

	ONLINE via ZOOM	INSIDE/OUTSIDE SENIOR CENTER
<b>MONDAY</b>	<p><b>10:00am:</b> Sing/Play Ukulele w/ Ron (weekly): <a href="#">Join Zoom</a> For Song Sheets &amp; Information Click: <a href="#">Here!</a></p> <p><b>1:30pm:</b> Soul Line Dancing w/Linda (weekly): <a href="#">Join Zoom</a></p>	<p><b>9:15am-12:00pm:</b> Game Room: darts, air hockey, billiards, &amp; ping pong (weekly)</p> <p><b>10:00am-12:00pm:</b> Bocce (Outside Bocce Courts)</p> <p><b>10:00am-12:00pm:</b> Discussion Group (weekly)</p> <p><b>10:15am-11:15am:</b> Chair Yoga w/Bonnie (5/3, 5/10, 5/17, 5/24) \$28</p> <p><b>11:00am-11:45am:</b> Clogging-Beginner (5/3, 5/10, 5/17, 5/24) \$28</p> <p><b>12:00pm-12:45pm:</b> Clogging-Intermediate (5/3, 5/10, 5/17, 5/24) \$28</p> <p><b>1:00pm-3:00pm:</b> Quilting Group (every other week)</p>
<b>TUESDAY</b>	<p><b>9:30am-10:30am</b> Yoga w/ Deanna: (weekly) \$6 member/\$8 non-member <a href="#">Join Zoom</a></p>	<p><b>9:00am-10:00am:</b> Exercise to Tape (weekly)</p> <p><b>9:15am-12:00pm:</b> Game Room: billiards (weekly)</p> <p><b>9:30am-10:30am:</b> Yoga w/Deanna (weekly) \$6 member/\$8 non-member</p> <p><b>10:15am-11:15am:</b> Qi-Gong and Tai Chi w/Bonnie (5/4, 5/11, 5/18, 5/25) \$28</p> <p><b>10:30am-12:00pm:</b> Games: Dice (Dice 3000, LCR) (weekly) <b>NEW</b></p> <p><b>1:00pm-3:00pm:</b> Games: Scrabble (weekly) <b>NEW</b></p> <p><b>2:00pm-3:00pm:</b> Tai Chi for Seniors w/Rich Martin (5/4, 5/11, 5/18, 5/25) \$28</p>
<b>WEDNESDAY</b>	<p><b>10:00am:</b> Sing/Play Ukulele w/ Ron-All Levels Jam (weekly): <a href="#">Join Zoom</a></p> <p><b>10:00am-11:00am:</b> MVP Living Well Programs Bokwa: 4/21-5/19 Zumba Gold: 5/26-6/23 Pre-Register <a href="#">HERE</a> to participate at home.</p>	<p><b>9:00am-10:00am:</b> Exercise to Tape (weekly)</p> <p><b>9:15am-12:00pm:</b> Game Room: darts, air hockey, &amp; billiards (weekly)</p> <p><b>9:30am:</b> Investment Club - (2nd Wednesday)</p> <p><b>10:00am-11:00am:</b> MVP Living Well Programs: Zoom at the Senior Center <u>Bokwa</u>: April 21-May 19, 2021 <u>Zumba Gold</u>: May 26-June 23, 2021 <b>NEW</b></p> <p><b>10:00am-12:00pm:</b> Bocce <b>New Group Forming</b> (Outside Bocce Courts)</p> <p><b>10:15am-12:00pm:</b> Games: Social Bridge (weekly) <b>NEW</b></p> <p><b>12:00pm:</b> Bowling at Spare Time (5/12, 5/26) \$10/week paid at bowling alley (incl. shoes, 2 games, 2 slices pizza, coffee or soda) Call Center to sign up.</p> <p><b>1:00pm-3:00pm:</b> Games: Poker (weekly) <b>NEW</b></p> <p><b>1:00pm-3:00pm:</b> Knitting and Crocheting (weekly)</p>
<b>THURSDAY</b>	<p><b>10:15am-11:15am:</b> Yoga w/ Deanna: (weekly) \$6 member/\$8 non-member <a href="#">Join Zoom</a></p>	<p><b>8:00am:</b> Golf League (Barney Road Golf Course) <i>Beginning May 6th</i> <b>NEW</b></p> <p><b>9:00am-10:00am:</b> Exercise to Tape (weekly)</p> <p><b>9:15am-12:00pm:</b> Game Room: billiards (weekly)</p> <p><b>10:15am-11:15am:</b> Yoga w/Deanna (weekly) \$6 member/\$8 non-member</p> <p><b>10:30am-12:30pm:</b> Watercolors w/Mary Fekete (5/13, 5/27) \$5 per class</p> <p><b>1:00pm-3:00pm:</b> Games: Pinochle &amp; Mahjong (weekly) <b>NEW</b></p>
<b>FRIDAY</b>	<p><b>7:00pm:</b> Mary &amp; Frank Colby Dance Party: <a href="#">Click Here!</a></p>	<p><b>9:15am-12:00pm:</b> Woodcarving (weekly)</p> <p><b>9:15am-12:00pm:</b> Game Room: darts, air hockey, billiards, &amp; ping pong (weekly)</p> <p><b>10:00am-12:00am</b> Games: Dominoes (weekly) <b>NEW</b></p> <p><b>12:30pm:</b> Games: Bingo (weekly)</p> <p><b>1:15pm-2:15pm:</b> Latin Line Dancing (5/7, 5/14, 5/21, 5/28) \$15</p>

**ALL ACTIVITIES HELD AT THE SENIOR CENTER REQUIRE ADVANCED REGISTRATION.**

We may not be able to accommodate walk-ins.

Please call the center at 518-383-1343 to sign up and make payment if required.

Sign ups begin 2 weeks before the start of each class.

**Due to ongoing regulations, we are limited as to how many people we can accommodate for all activities.**

**If you will be unable to attend, please call us. This will allow others to join us that may be on a wait list.**

Please bring your own water bottles. Space will be provided for food consumption if needed.

## Things to know...

# TRIPS TRIPS TRIPS TRIPS

- ♦ **June 23**–Mohonk Mountain House & Walkway Over the Hudson 8:45am departure
- ♦ **July 14**– Raquette Lake: Two Hour Scenic Luncheon Cruise on the WW Durant 8:15am departure
- ♦ **August 10**–Weston VT: Vermont Country Store, Christmas Shop, Mildred's Grill, Weston Village Store and more! 8:45am departure



Details can be obtained online or at the center. Space is limited. Sign up today!

A Negative COVID-19 Test or proof of Vaccine **may be** required for most trips.

- ♦ **Please help us to keep you all safe...** There will be a health screening every day. Over 100.0 degrees cannot participate. Health questions: If you are sick **OR** if you can answer yes to these questions, for everyone's safety, please stay home. In the last 14 days have you tested positive for Covid-19 or been with anyone who has tested positive? Have you traveled outside of the country? Are you currently experiencing new or worsening: Cough; Shortness of Breath or Trouble Breathing; Fever, Chills or Muscle Pain; Headache or Sore Throat; New Loss of Taste or Smell? **Please notify CPSCC director Sue Leonard immediately if you have been to the Senior Center and subsequently have been exposed to COVID-19 or have been diagnosed with COVID-19.**
- ♦ Everyone entering the building must enter through the front door only, wear your own mask covering your nose and mouth, stand in line (6' from the person in front of you), and have your temperature taken. Hand sanitizer must be used as you enter the building. **Please arrive no more than 10 minutes before a class.** If you are early, please wait in your car. Please do not congregate in the lobby or restrooms. Only one person in the restrooms, please knock before entering.
- ♦ We accept donations of and loan out to those in need: Wheelchairs and Seated Walkers!
- ♦ **We continually update this newsletter with new activities and announcements.** Please check the website frequently for these updates: <https://cliftonpark.org/services/senior-services/senior-center.html>
- ♦ **Free Legal Assistance** offered through the Saratoga County Office for the Aging, continues to be offered remotely. 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.
- ♦ **Need help getting on Zoom?** Bob, our Basic Computer Skills volunteer, will be happy to assist. Please let us know what topics you'd like to learn about during our computer classes. No problem too small! To set up Zoom, [Click Here!](#)
- ♦ **Have old prescription medications and not sure what to do with them?** Stop in at the Center to pick up a DETERRA drug deactivation system provided by NYS. This is a safe, convenient and effective way to discarded, unneeded meds.
- ♦ The **Forget Me Not Shoppe** is open with an assortment of masks and handmade items! (1 person at a time please)

### Did you miss something? Want to try something new? (Pre-recorded)

- **Healthy Bones for Life & Yoga for Osteoporosis with Office For the Aging:** View [HERE](#)
- **Grocery shopping from Home Safely Online with Linda:** View [HERE](#)
- **Learn to Play Ukulele with Ron:** View [HERE](#)



April and May: **Faith Weldon and Joan Van Alphen** are well known throughout the area, both are members of various art groups and won numerous awards for their pieces. Faith works in several mediums including watercolors, fluid acrylics, collage and pastels. She is inspired by the outdoor world and developing paintings from her imagination. Some of her works include Victorian Ladies, wine bottle collages and musicians. Joan paints in both oils and watercolors. Her passions include abstract painting and working in acrylics. She especially enjoys painting landscapes and flowers.

Viewing of art work will be  
Monday thru Friday  
by appointment: 518-383-1343



For more information about  
SSAS please visit:  
[southernsaratogaartist.com](https://southernsaratogaartist.com)



# MVP Living Well Programs

BOKWA AND ZUMBA GOLD

Register for classes [HERE](#)

## MVP Bokwa Dance Moves

Wednesdays, April 21-May 19, 2021 10am-11am

## MVP Zumba Gold

Wednesdays, May 26-June 23, 2021 10am-11am

**\*Limited in-person accommodation for those without access to a computer\***

Call the Clifton Park Senior Community Center at 518-383-1343





# Save the Date

## Free Online Medicare Information Sessions

At our Medicare 101 events, you can learn the basics about:

- ✓ How Medicare works
- ✓ What Medicare does and does not cover
- ✓ What Medicare may cost you, and how to avoid penalties

### Upcoming Medicare 101 Events:

Saturday, May 8 • 9 a.m. on Zoom  
Tuesday, May 18 • 12 p.m. on Facebook Live  
Tuesday, May 25 • 12 p.m. on Zoom

Register for a **Medicare 101 event** at [www.cdphp.com/medicare/learn/virtual-class](http://www.cdphp.com/medicare/learn/virtual-class).

At CDPHP Medicare Products Seminar events, you can learn:

- ✓ Information you need to make your Medicare choice: **HMO vs. PPO**
- ✓ Answers to your important Medicare questions
- ✓ How to schedule a one-one-one meeting with a CDPHP Medicare representative

### Upcoming Medicare Products Seminars:

Tuesday, May 4 • 12 p.m. on Zoom  
Wednesday, May 12 • 6 p.m. on Zoom

Register for a **Medicare Products Seminar event** at [www.cdphp.com/medicare/learn/seminars](http://www.cdphp.com/medicare/learn/seminars).



These online seminars are **FREE** and will be conducted by a licensed, authorized representative. Go online or call **(518) 641-3406** to reserve your virtual seat now!

<sup>†</sup> For accommodation of persons with special needs at sales meetings, call (518) 641-5255. (TTY/TDD: 711)

Enrollment in CDPHP Medicare Advantage depends on contract renewal.

Our hours are 8 a.m. - 8 p.m. seven days a week, October 1 - March 31. From April 1 - September 30, Monday - Friday, our hours are 8 a.m. - 8 p.m. A voice messaging service is used weekends, after-hours, and federal holidays. Calls will be returned within one business day.

Capital District Physicians' Health Plan, Inc. | CDPHP Universal Benefits,<sup>®</sup> Inc.

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**Thank you:**

...to The Eddy Senior Living for bringing us an amazing dinner!

*Did you know that they have Independent Living, Assisted Living, and Memory Care?*



...to Friendly's for providing FUNraising and the ice cream for our Birthday Bag Project!

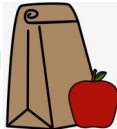


...to Hannaford for providing the cupcakes for our Birthday Bag Project!



...to our amazing seniors who donated and created 91 birthday bags for Captain's Food Pantry

...to CDPHP for 6 months of weekly boxed lunches, our seniors have enjoyed it!



...to CDPHP for their continued support for the Golf League Program



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[www.peregrineseniorliving.com/clifton-park/](http://www.peregrineseniorliving.com/clifton-park/)



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Email: [ravenswoodpub@outlook.com](mailto:ravenswoodpub@outlook.com)



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► Call us today!

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Niskayuna, NY 12309

**(518) 782-7381**

**Brookdale Niskayuna**  
Enhanced Assisted Living  
1786 Union Street  
Niskayuna, NY 12309

**(518) 346-6935**

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## Witecki Law Office

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

**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 3<sup>rd</sup> Thursday of the month at the Clifton Park Senior Center, or in his office any time. Evening hours available. Home visits can be arranged.*

## 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.



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egabeloff@bhhsblake.com  
Cell: 518-577-1360

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**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 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	371-6669
Senior Community Center Director Sue Leonard	383-1343

**Email your Town Board**

Supervisor Philip C. Barrett: [pbarrett@cliftonpark.org](mailto:pbarrett@cliftonpark.org)  
 Deputy Supervisor Anthony F. Morelli: [amorelli@cliftonpark.org](mailto:amorelli@cliftonpark.org)  
 Councilwoman Lynda M. Walowit: [lwalowit@cliftonpark.org](mailto:lwalowit@cliftonpark.org)  
 Councilwoman Amy J.H. Standaert: [astandaert@cliftonpark.org](mailto:astandaert@cliftonpark.org)  
 Councilwoman Amy Flood: [aflood@cliftonpark.org](mailto:aflood@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.