



# Clifton Park Senior Center

March 2022—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**

Please make checks payable to:  
*Town of Clifton Park*

## **The Gather & Dine Daily Lunch Program**

### **TO RESERVE YOUR LUNCH:**

Call by Noon the day before at 383-1343. Menu can be found online [HERE](#) or at the Center.

## Wish List

Have things at home that you are not using?

**We would love:** Books (*like new*), Large Outdoor Table Umbrellas, Freezer, Old Mahjong Cards

# The Snow Ball

**WEDNESDAY, MARCH 16TH - DOORS OPEN AT 5:00PM**

**\$10 MEMBERS ONLY**

FOOD PREPARED BY:

Home of the  
*Good Shepherd*

- STUFFED MUSHROOMS
- SCALLOPS WRAPPED IN BACON
- PIGS IN A BLANKET
- SWEET AND SOUR MEATBALLS
- FINGER SANDWICHES
- FRUIT & CHEESE DISPLAY
- CRUDITE PLATTER
- ASSORTMENT OF MINI CHEESECAKES & GOURMET CUPCAKES

Entertainment by:



## **"Betsy and the ByeGons"**

*Featuring the sounds of the 60s Girl Groups, hot Classic Rock and some selected rockin' country.*



**ST. "PATTIE'S"  
DAY BREAKFAST  
10:00AM**



**MARCH 17TH  
-MEMBERS ONLY-  
REGISTER AT THE  
FRONT DESK.**

**"The Dice is Right"  
St. Patrick's Day Party  
12:30PM**

SPONSORED BY:



**COST:\$2.00  
PER PERSON**

SAUSAGE PATTIE  
EGG & CHEESE SANDWICH  
HASH BROWN  
FRUIT



PLEASE BRING A \$1 LOTTERY TICKET TO BE ADDED TO THE "LOTTERY TREE" AND RECEIVE A CHANCE TOWARD A DRAWING FOR ALL OF THE TICKETS ON THE LOTTERY TREE. REGISTER IN ADVANCE AS SPACE IS LIMITED.

DICE GAMES OR CRAFTS. CHOOSE TWO: LCR, DICE 3000, BUNCO, NICKELS & DIMES, YAHTZEE, ETC., OR CRAFT.

**EDUCATE**   **Entertain**  **EXPLORE** 

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

\*indicates membership not required

Tuesday, March 8	1:00pm-3:00pm	<b>*Shoe Leather Express Square Dancing with Elaine and Dennis: Free Class March 8th</b> Register in advance as space is limited. Regular weekly classes to follow. <b>March 15, 22, 29 \$7 per class pay the instructor weekly</b>
Friday, March 11	1:00pm	<b>Jewelry Making Class:</b> \$2 cash supply fee paid at registration. Sample on display at the front desk. <b>Register in advance as space is limited.</b>
Thursday, March 17	10:00am-12:00pm	<b>St. "Pattie's" Day Breakfast:</b> Sponsored by Peregrine Senior Living, for only \$2.00 per person, enjoy a wonderful Breakfast! <b>"The Dice is Right" St. Patrick's Day Party:</b> Play Dice Games or do a craft. Bring a Scratch-off ticket for the "Lottery Tree."
Wednesday, March 23	12:30pm	<b>Music at the Center: Back Porch Players</b> After the Lunch Program, enjoy music at the Senior Center! <b>FREE</b>
Wednesday, March 23	1:00pm	<b>Crafts: Iris Card Folding with Pat Twinam</b> \$2 cash supply fee paid at registration. Sample on display at the front desk. <b>Advanced Registration Required</b>
Friday, March 25	12:25pm	<b>Popcorn and a Movie: Flightplan</b> Flying at 40,000 feet in a state-of-the art aircraft that she helped design, Kyle Pratt's (Jodie Foster) six-year-old daughter Julia vanishes without a trace. Or did she? No one on the plane believes Julia was ever onboard. And now Kyle, desperate and alone, can only count on her own wits to unravel the mystery and save her daughter. <b>98 Mins PG FREE We'll bring the popcorn.</b>
Wednesday, March 30	12:30pm	<b>*EEE: Aging-in-Place</b> Presented by Phil Di Sorbo, Board Certified Patient Advocate and Director of Community Hospice with the Saratoga Senior Center. Navigating the health system effectively, what is palliative care, keys to a good Health Care Proxy, personal growth in the face of serious illness, life with illness during and after COVID, key home safety issues, and more. Join us for an interactive discussion!

**TRIPS TRIPS TRIPS TRIPS TRIPS**

- **Thursday, April 7:** Lunch & A Show: "Aging Disgracefully" at the Carriage House in West Springfield, MA - **\$87/Members \$97/Non-Members**
- **Wednesday, May 18:** Lunch & A Show with Rich Wilson: Actor, Comedian, and Singer at the Riverview Inn in PA - **\$70/Members \$80/Non-Members**
- **Thursday, June 9:** Lunch & A Show: Corvette's Doo-Wop Revue Lobsterfest at the Log Cabin in Holyoke, MA - **\$89/Members \$99/Non-Members**

SSAS is sponsoring Shenendehowa High School Students' selected artwork for display during March. There will be 30 pieces on display in a variety of media, including acrylic paintings, watercolor, photographs, drawings, etchings, mixed-media and collage.

Several of the students are seniors and will be attending art school in the fall.

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

For more information on SSAS, visit: [southernsaratogaartist.com](http://southernsaratogaartist.com)



**FUNraising with**



Bring in this certificate and 15% of your check will be donated to:

Food Pantry - Senior Center Birthday Bag Project

Thursday and Friday **March 24th and 25th 8:00am-10:00pm**



815 Rt 146 Clifton Park, NY 12065  
(518) 371-1273

Limit one coupon per table per visit. Discount does not apply to gift card purchase, Ziosk game fees and other promotional or discount offers such as senior discount or 50% Off Breakfast. Reproduction or resale of this coupon is prohibited. Tax and gratuity not included. Valid only at participating Friendly's locations. Offer not available when ordering online.



**Spring Birthday Bash Service Project**

On **Thursday, March 24 and Friday, March 25** we will hold a "FUNraiser" at Friendly's at 815 Rt 146, Clifton Park for Eat-In or Take-Out. We will earn 15% of each check to be used toward the Birthday Bags. The certificate provided here must be presented at Friendly's. It can be duplicated and shared with anyone. Additional copies can be picked up at the Senior Center. Please tell your family and friends. The more participants the merrier...for everyone.

<b>MONDAY</b>	<p>9:00am-10:00am: Tap Dance (3/7, 3/14, 3/21, 3/28) \$20</p> <p>10:00am-10:45am: Jazz Dance (3/7, 3/14, 3/21, 3/28) \$16</p> <p>10:00am-12:00pm: Discussion Group</p> <p>10:00am-11:00am: Chair Yoga w/Bonnie (3/7, 3/14, 3/21, 3/28) \$28</p> <p>11:00am-11:45am: Clogging Beginner (3/7, 3/14, 3/21, 3/28) \$28</p> <p>12:00pm- 1:00pm: Clogging Intermediate (3/7, 3/14, 3/21, 3/28) \$28</p> <p>12:30pm- 2:00pm: Games: Rummikub</p> <p>1:00pm- 2:00pm: Ukulele Group (3/7, 3/14, 3/21, 3/28)</p> <p>1:00pm- 3:00pm: Quilting Group</p> <p>1:15pm- 2:15pm: Soul Line Dancing w/ Mary and Frank (3/7, 3/14, 3/21, 3/28) \$15</p> <p>2:30pm- 3:30pm: Healthy Bones for Life—<i>To register, call OFA 518-884-4100</i></p>
<b>TUESDAY</b>	<p>9:00am-10:00am: Exercise to Tape</p> <p>9:15am-10:15am: Yoga w/Deanna \$6 member/\$8 non-member At the Center OR <a href="#">Join Zoom</a></p> <p>10:00am-12:00pm: Games: Dice (Dice 3000, LCR on Last Tuesday)</p> <p>10:15am-11:15am: Qi-Gong &amp; Tai Chi w/Bonnie (3/1, 3/8, 3/15, 3/22, 3/29) \$35</p> <p>11:00am- 3:00pm: Games: Duplicate Bridge Group—Sanctioned \$7/week</p> <p>1:00pm- 3:00pm: Games: Scrabble, Hand and Foot (Card Game) <span style="color: red; font-weight: bold;">NEW</span></p> <p>1:00pm- 3:00pm: Shoe Leather Express Square Dancing w/ Elaine &amp; Dennis (3/15, 3/22, 3/29) Pay \$7/week <span style="color: red; font-weight: bold;">NEW</span></p> <p>2:00pm- 3:00pm: Tai Chi for Seniors w/ Rich (3/1, 3/8, 3/15, 3/22, 3/29) \$35</p>
<b>WEDNESDAY</b>	<p>9:00am-10:00am: Exercise to Tape</p> <p>9:30am-11:30pm: Investment Club - (2nd &amp; 4th Wednesday)</p> <p>10:05am-11:00am: Sing/Play Ukulele w/Ron At Center OR <a href="#">Google Meet HERE</a> For Song Sheets click: <a href="#">Here!</a></p> <p>10:00am-12:00pm: Games: Nickels &amp; Dimes (Bring \$5 or more worth of nickels and dimes)</p> <p>10:00am-12:00pm: Games: Social Bridge</p> <p>12:00pm- 2:00pm: Bowling at Spare Time \$10/week Call the Center to sign up.</p> <p>1:00pm- 3:00pm: Games: Poker, Canasta <span style="color: red; font-weight: bold;">NEW</span></p> <p>1:00pm- 4:00pm: Knitting and Crocheting</p> <p>1:15pm- 2:00pm: Beginner Tai Chi for Seniors w/ Rich (3/2, 3/9, 3/16, 3/23, 3/30) \$35</p> <p>2:30pm- 3:30pm: Healthy Bones for Life—<i>To register, call OFA 518-884-4100</i></p>
<b>THURSDAY</b>	<p>9:00am-10:00am: Exercise to Tape</p> <p>10:00am-11:30am: Chorus</p> <p>10:00am-12:00pm: Games: Rummikub</p> <p>10:15am-11:15am: Yoga w/Deanna \$6 member/\$8 non-member At the Center OR <a href="#">Join Zoom</a></p> <p>10:30am-12:30pm: Watercolors w/Mary Fekete \$5/class (paid to instructor) (3/10, 3/24)</p> <p>1:00pm- 3:00pm: Games: Pinochle &amp; Mahjong</p> <p>1:00pm- 2:00pm: MVP Bokwa Dance Moves (January 13- March 17)</p>
<b>FRIDAY</b>	<p>9:00am-10:00am: Tap Dance—<i>Advanced</i> (3/4, 3/11, 3/18, 3/25) \$20</p> <p>9:00am-10:55am: Orchestra</p> <p>9:15am-12:00pm: Woodcarving</p> <p>10:00am-10:45am: Ballet Class (3/4, 3/11, 3/18, 3/25) \$16</p> <p>10:00am-12:00am: Games: Dominoes</p> <p>12:30pm- 2:00pm: Games: Bingo</p> <p>1:00pm- 2:30pm: Jewelry Making Class: <b>2nd Friday and 4th Friday</b></p> <p>1:15pm- 2:15pm: Latin Line Dancing (3/4, 3/11, 3/18, 3/25) \$15</p> <p>2:30pm- 3:30pm: Healthy Bones for Life—<i>To register, call OFA 518-884-4100</i></p>

Come enjoy an open house at the Southern Saratoga YMCA every 1st and 2nd Wednesday **the** of the month!



**COVID INFO**

- ◆ **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.** If you are sick **OR** are showing COVID symptoms: Cough; Trouble Breathing; Fever, Chills; Headache; Sore Throat; Loss of Taste/Smell **STAY HOME**
- ◆ We have a **COVID TESTING SITE** in Saratoga County. If you or someone you know needs to be tested, you can get a **FREE PCR COVID TEST** in Malta. Click [HERE](#) for the website.
- ◆ New **Booster Clinics** are constantly being scheduled all around Saratoga County. To sign up, visit [www.saratogacountyny.gov](http://www.saratogacountyny.gov) and find the clinic that works for you **or** call **518-693-1075**.
- ◆ Saratoga County Public Health is **offering vaccines for HOMEBOUND AND ELDERLY**. Call **518-693-1075**
- ◆ **Four Free Home Tests:** [covidtests.gov](http://covidtests.gov) Order today
- ◆ Most insurance companies will pay for up to **8 COVID tests a month! Ask your Insurance Company!**

**SERVICES FOR YOU**

- ◆ **~BOOKS~** We are collecting books again, so bring in your gently used books today. Keep an eye out for our **Book Sale** coming in the Spring.

- ◆ **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 discard unneeded meds.
- ◆ **Free Legal Assistance** offered through the Saratoga County Office for the Aging continues to be offered remotely. Need assistance with legal items? Make an appointment by calling 518-884-4100 and ask for the legal program. Appointments required.
- ◆ We loan out **Wheelchairs and Seated Walkers**.
- ◆ We continually update this newsletter with new activities and announcements. Please check the website frequently for these updates: [HERE](#)

**ADDITIONAL THINGS TO DO...**

- ◆ **Our Game Room is open every day:** play darts, air hockey, billiards, ping pong, board games, and more!
- ◆ **Ping Pong, Air Hockey, Darts, Board Games: Want to Play? Need a partner to play...Signup at the center!**
- ◆ Have a talent that you would like to share? Would you like to teach us? **Call Sue!**

**Thank you...**

...to all those who participated in our wonderful *Valentine's Card Game Day* where we played card games, raffled off donated scratch-offs (won by Jeanne G.), and managed to fit in an impromptu service project to brighten the day of the residents of Peregrine Senior Living.

...to Dolce and Biscotti for donating the wonderful cakes for the Valentine's Party!



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



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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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8 South Church Street,  
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518-372-2827,  
[www.WiteckiLawOffice.com](http://www.WiteckiLawOffice.com)

**Welcome back after a very difficult year!!!**

Glenn Witecki has resumed in-person, free consultations, every 3<sup>rd</sup> Thursday of the month at the Clifton Park Senior Center (9:00 a.m. – 12:00 p.m.), or in his office any time (evening hours available).

**If you are looking for guidance beyond "standard estate planning", Glenn can help!**

Glenn has been practicing law for 36 years and can help you plan by answering critical questions, including: How can I protect my house if I go into a nursing home? He will also tell you why a properly-drafted Power of Attorney may be the most important estate planning document that you ever sign!

*Call our office directly to set up an appointment. Under special circumstances home visits can be arranged.*

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We offer Independent Living for active seniors and Assisted Living and Memory Care for seniors who need a little extra help.



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homeofthegoodshepherd.com

# Class Showcase

## **Ballet: With Janet Murphy**

Learn the classical movements, positions and dances of ballet. Warm up before each class with stretching and moves that parallel osteoporosis exercise for building bone and increasing balance.

## **Beginner Tai-Chi /Tai-Chi for Seniors: With Rich Martin**

This adaptation of Tai Chi presents participants with an easy to follow set of warm-up exercises and Tai Chi postures that can be performed entirely while seated. This class is appropriate and helpful for individuals using a walker or wheelchair.

## **Bocce:**

All are welcome, no experience necessary. The goal of bocce is to throw your bocce balls closer to the Pallino than your opponent. Players throw and roll their balls in turn until all 8 balls have been thrown at the Pallino and the score is counted. First team to 11 points wins.

## **Bokwa Dance Moves: with MVP Healthcare**

Africa's answer to Zumba! This energizing cardio routine uses the shape of letters and numbers for dance steps set to the sounds of African, Caribbean, Latin, and American music. Bokwa Dance is a fun, easy fitness program for all ages and fitness levels!

## **Bowling:**

No experience necessary! \$10 paid at Spare Time, 1668 Route 9, CP. This includes 2 games, shoes, 2 slices of pizza, and soda. Call the Center & sign up today!

## **Chair Yoga: With Bonnie Furlong**

Chair Yoga is tailored for participants with cardiac or other chronic medical conditions or those who would like a gentle exercise program. The chair replaces the yoga mat and becomes an extension of your body allowing you to take full advantage of yoga's amazing fitness and health potential.

## **Clogging: With Fran Beaudoin**

Clogging is not hard to learn and it is so much fun! As a beginner, remember, all cloggers started the same way. The class atmosphere is very comfortable, and you won't be made to feel shy or intimidated. The basic steps are reviewed each week; after that, the rest will come easily. If you've been involved in line dancing and are familiar with counting time in music, then you should be even more comfortable in learning to clog.

## **Exercise to Tapes:**

Participants follow the movements of people on a large screen doing various upper- and lower- body exercises. The program is designed to accommodate all levels of strength and ability. There are no floor exercises but some use of light weights is optional.

## **Golf:**

We have 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.

## **Healthy Bones:**

The exercise program consists of weight-bearing exercises, muscle strengthening, flexibility, posture training and balance exercises. These exercises and a healthy diet rich in calcium and vitamin D have been shown to help maintain and improve bone health. This is a low-impact program, using both hand and leg weights which are provided here.

## **Jazz Dance: With Janet Murphy**

This jazz class will build confidence, self-expression and motivation while dancing to hot jazz tunes. Many jazz warm-up steps parallel osteoporosis exercise for building bone and increase balance.

## **Latin Line Dance: With Ray and Mark Nunez**

Try our fun Latin Line dancing classes with sizzling hot Latino Beats and Rhythms Cha-Cha, Salsa, Rumba & more.

## **Qi-Gong and Tai-Chi: With Bonnie Furlong**

Tai Chi or "Chinese Shadow Boxing" is an ancient art consisting of slow, graceful and rhythmic movements. In this class you will begin learning one of the most concise and shortest of the many styles of Tai Chi taught throughout the world. This is known as 'Beijing 24 form' or Yang style 'Short Form'. The emphasis is on building health, balance, improved coordination and a calm state of mind.

## **Soul Line Dance: With Frank & Mary Colby**

Soul Line Dancing is choreographed dancing to Motown, R&B or pop music. We use music such as: The Temptations; Michael Jackson; and even Elvis and Frank.

We teach easy to learn routines, but we encourage individuality and creating your own interpretation. It's "Exercise in Disguise" and a great stress reducer. It can be done by men and women of all ages and no partner needed. You don't need any dance experience, but it is helpful to be able follow some basic dance steps without detailed instruction.

## **Tap Dance: With Janet Murphy**

This class welcomes various experience levels to learn tap dancing while having fun and getting exercise. Many steps are tailored to well-loved Broadway-themed songs.

## **Yoga: With Deanna Seabridge**

This gentle Yoga class focuses on correct alignment for safety & stability, coordination of breath with movement, breathing exercises for mindfulness & focus and relaxation/meditation for a greater sense of well-being.

# Class Showcase

## Chorus:

Our group of happy singers practice popular songs that are performed at senior centers and nursing homes. We welcome new and enthusiastic voices. No experience necessary - just a willingness to smile and enjoy the adventure of bringing joy to our audiences.

## Discussion Group:

Got something on your mind? Come share it with our friendly, non-judgmental group. We welcome everyone's ideas.

## Duplicate Bridge:

Bridge is a great way to energize your mind. It is a thinking game and every hand is different. This is a sanctioned game offering Masterpoints to the players who happen to win. Because it is sponsored by the ACBL there will be a charge to play in the game.

## Games:

- ◆ Bingo
- ◆ Mexican Train
- ◆ Mahjong
- ◆ Pinochle
- ◆ Rummikub
- ◆ Dice Games

## Game Room:

- ◆ Billiards
- ◆ Darts
- ◆ Air Hockey
- ◆ Ping Pong
- ◆ And various other games...

## Investment Club:

The club is dedicated to educating the partners in security evaluation and investment through periodic contributions by the partners for their mutual long term benefit. All are welcome.

## Jewelry Making:

No Experience Necessary! Beads & tools available. The Creative Jewelry Making class meets every other week on an informal basis, for our own creations. All are welcome.

## Knitting and Crocheting:

Our knitting group is not only a wonderful resource for those learning how to knit, but also a place to talk and make friends. We are always looking for more folks to knit or crochet.

## Orchestra:

We are always looking for people who play, or have played, a musical instrument. Concerts are performed throughout the year.

## Quilting:

Our quilting group meets on Monday afternoons, except on Holidays. Some sewing experience is useful, and beginners are welcome. Our projects are made using fabric donations, and are then donated to charitable organizations.

## Social Bridge:

Interested in becoming a better Bridge Player, but don't like a lot of pressure? We want people who know the fundamentals of the game, but would like to improve. We talk during our games, both about the bidding and playing of the hands.

## Ukulele: With Ron Whitford

Come and join us for a Ukulele Sing-A-Long. Play the Ukulele and sing popular songs from 1910 to the 1990's.

## Watercolors: With Mary Fekete

Have you ever wanted to learn how to paint with watercolors? Mary will walk you through each step of the process, from sketching to picking out colors to making each watercolor scene uniquely yours.

## Woodcarving: With Bill McCormack

We are an active group of women and men who are engaged in all types of woodworking. All you need is an interest in taking up woodcarving and socializing with a group of people who get so much out of what they do. No prior experience necessary. If you have the time, they will share their time to help you on your way.

**Pre-registration is required for most programs. If there is a fee, payment is made upon registration.**





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

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 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 Mgmt 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 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.



Call 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 & Recreation* Departments open at 8:00 AM Monday through Friday.