



# Clifton Park Senior Center

September 2022—Monthly Newsletter



## A Cruise to Die For

A MURDER MYSTERY DINNER THEATER PRODUCTION

WEDNESDAY, SEPTEMBER 14TH AT 5PM  
Tickets: \$15 Each – Members Only

Garden Salad  
Honey Glazed Ham with  
Pineapple and Applesauce,  
Mashed Potatoes,  
Vegetables and Rolls

*Dinner prepared by  
Deets Catering*

Dessert by:

*We Do Fondue*  
Go With the FLOW!

Dinner and Entertainment

Sponsored by:



TOWNLEY  
&  
WHEELER  
FUNERAL HOME

Tickets go on sale Thursday, September 1st.

### 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

### For New Members

Half-Price Classes for  
September!

Beginner Clogging

Beginner Tai Chi

Jazz Dance

Gentle Yoga

Qi Gong & Tai Chi

Shoe Leather Express:

Square Dancing

Come enjoy a day at the  
Southern Saratoga YMCA  
every First and Second  
Wednesday of the month!



Just show your CPSC Card!

### Upcoming Center

#### Closings

Labor Day:

Monday, September 5

## Basket Party

October 2nd-At 12:00 Noon

This event is open to the public and tickets must  
be purchased in advance at the Center, as space  
is limited. Tickets are \$10 and include 20 free  
auction tickets, a sandwich, chips and dessert.

This is a fun afternoon, and we hope to  
see you there!

For more information, please  
contact the Front Desk.



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

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

*\*indicates membership not required*

Wednesday, September 7	1:00pm–2:00pm	<b>Senior Support Group – Let’s Talk! with Shelley Gilbert, Award Winning Author</b> We are Seniors and have a lot to talk about. Join this casual, open-themed, friendly group as we share information and navigate health issues, the world of computers, personal problems, family concerns and the wonderful world of aging. No politics. Only supportive and nice comments to one another.
Thursday, September 8	12:30pm–1:30pm	<b>*EEE: Stress-Proof Your Brain: Strategies for Managing Stress:</b> with Sheryl Kaplan, LCSW-R, CPP: Prolonged stress can have a negative impact on both the brain and body. Sheryl will present recent findings on how stress affects the brain and share strategies and techniques for managing everyday stress. <b>Advanced Registration Required!</b>
Friday, September 9	1:00pm	<b>Jewelry Making Class:</b> \$3 cash supply fee paid at registration. Sample on display at the front desk. <b>Advanced Registration Required!</b>
Tuesday, September 13	9:30am–11:30am	<b>Light Mending with Patti:</b> Drop In, Drop Off, and Pick Up later (Laundered Clothing Only) 2nd Tuesday: September 13, October 11.
Wednesday, September 14	12:30pm–1:30pm	<b>*EEE: Things We Should Never Discuss-Politics, Religion, Money and...Masks? Presented by Michael Fonda from SPHP</b> What is the difference between a discussion and disagreement? If people refuse to budge on issues, what happens next? Are there some people who have to always win in a disagreement? Be here and take the short Thomas-Kilman Conflict survey to determine your conflict management style. Learn the pros and cons of your approach to handling disagreements and get some tips on how to avoid conflict and still have a healthy conversation! <b>Advanced Registration Required!</b>
Wednesday, September 21	12:30pm	<b>Crafts with Mary E.:</b> \$3 cash supply fee paid at registration. Sample on display at the front desk. <b>Advanced Registration Required!</b>
Monday, September 26	2:30pm–4:00pm	<b>*Living with Loss:</b> Monthly Drop-in Program with Melissa Cuoco, LMSW, Senior Social Worker and Clay Mewbourn, LMSW, Bereavement Counselor. Grief is a natural response to loss. There is no timetable for grieving; people grieve in their own way and heal at their own pace. Participants have the opportunity to talk about their loss and share their story with others who have experienced similar losses. Learn the signs of normal grief, self-care, & coping strategies. <b>Upcoming dates (Last Monday):</b> October 31, etc.

## UPCOMING TRIPS

**September 10-September 11:** 2 day, 1 night in Boston and Salem, MA.

**September 26-September 29:** 4 day, 3 night Trip to Maine, Tours of Portland & Kennebunkport, Perkins Cove, Harbor Cruise, Boothbay Harbor, Nubble Lighthouse, L. L Bean & Dexter Factory Outlets and more...

**Sunday, October 16:** Beardslee Castle Murder Mystery Luncheon (**WAIT LIST ONLY**) **9:30am Departure**

**NEW!!** **Wednesday, November 30:** Day in New York City

**NEW!!** **Wednesday, December 7:** Nashville Christmas at the Log Cabin in Holyoke, MA.

There will be 5 artists exhibiting during the months of August and September. SSAS members showing their artwork are Virginia Harrison, Barbara Hurley, Kristine Kelly, Judy Loucks and Jo Weatherwax.



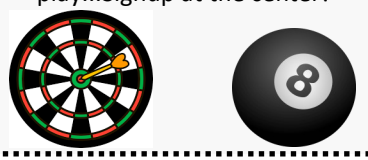
.....  
Viewing of art work will be Monday thru Friday (afternoons): 518-383-1343.  
For more information on SSAS, visit: [southern-saratoga-artist.com](http://southern-saratoga-artist.com)

## Clifton Park Farm Fest

Saturday & Sunday, September 17 & 18  
10:00am-5:00pm



Visit the many working farms in Clifton Park. Tour Bowman Orchards, Riverview Orchards, Shepherd’s Hey Farm, and much more.  
For more information call 518-371-6667 or visit our Town website [www.cliftonpark.org](http://www.cliftonpark.org) for a full schedule.

<p><b>M O N D A Y</b></p>	<p>09:00am-10:00am: Tap Dance ((No 9/5, 9/12), 9/19, 9/26) <b>\$10</b>                  10:00am-10:45am: Jazz Dance ((No 9/5, 9/12), 9/19, 9/26) <b>\$8</b>                  10:00am-11:00am: Chair Yoga w/Bonnie ((No 9/5, 9/26), 9/12, 9/19) <b>\$14</b>                  10:00am-12:00pm: Discussion Group                  10:00am-12:00pm: Bocce Ball Group (May-Nov)                  11:00am-11:45am: Clogging Beginner ((No 9/5), 9/12, 9/19, 9/26) <b>\$21</b>                  12:00pm-01:00pm: Clogging Intermediate ((No 9/5), 9/12, 9/19, 9/26) <b>\$21</b>                  12:30pm-02:00pm: <b>Games:</b> Rummikub                  01:00pm-02:00pm: Ukulele Group (No 9/5)                  01:00pm-03:00pm: Quilting Group                  01:15pm-02:15pm: Soulful Line Dancing ((No 9/5), 9/12, 9/19, 9/26) <b>\$15</b>                  02:30pm-03:30pm: Healthy Bones for Life—To register, call OFA 518-884-4100</p>	<p><b>Billiards/Pool, Ping Pong, Air Hockey, Darts, Board Games:</b>                  Game Room Open Every Day                  Want to Play? Need a partner to play...Signup at the center!</p> 
<p><b>T U E S D A Y</b></p>	<p>09:00am-10:00am: Exercise to Tape                  09:00am-10:00am: Billiards/Pool                  09:15am-10:15am: Yoga w/Deanna <b>\$6 Members /\$8 Non-Members</b> At the Center OR <a href="#">Join Zoom</a>                  10:00am-12:00pm: Games: Dice (Dice 3000, LCR, <b>2nd Week: Bunco</b>)                  10:15am-11:15am: Qi-Gong &amp; Tai Chi w/Bonnie ((No 9/6, 9/27), 9/13, 9/20) <b>\$14</b>                  10:30am-12:00pm: Adult Coloring with Mary &amp; Bob (1st &amp; 3rd Tuesday) <b>NEW</b>                  11:30am-03:00pm: <b>Games:</b> Duplicate Bridge Group—Sanctioned <b>\$7/week</b>                  12:00pm-01:30pm: MVP Bokwa Dance Moves (September 13th—November 15th) <b>NEW</b>                  01:00pm-03:00pm: <b>Games:</b> Scrabble, Hand and Foot (Card Game)                  01:00pm-03:00pm: Square Dancing w/ Shoe Leather Express <b>\$7/week</b>                  02:00pm-03:00pm: Tai Chi for Seniors w/ Rich (9/6, 9/13, 9/20, 9/27) <b>\$28</b></p>	
<p><b>W E D N E S D A Y</b></p>	<p>09:00am-10:00am: Exercise to Tape                  09:30am-11:30am: Investment Club (2nd &amp; 4th Wednesday)                  10:05am-11:00am: Ukulele Group w/Ron At Center OR <a href="#">Online HERE</a> For Song Sheets click: <a href="#">Here!</a>                  10:00am-12:00pm: <b>Games:</b> Intermediate Bridge; Nickels &amp; Dimes (Bring \$5 or more worth of nickels and dimes)                  12:00pm-02:00pm: Bowling at Spare Time <b>\$10/week</b> for Shoes, 2 games, and lunch                  01:15pm-02:00pm: Beginner Tai Chi for Seniors (9/7, 9/14, 9/21, 9/28) <b>\$28</b>                  01:00pm-04:00pm: Knitting and Crocheting                  01:00pm-04:00pm: <b>Games:</b> Poker, Canasta, <b>Beginner Mahjong</b>                  02:30pm-03:30pm: Healthy Bones for Life—To register, call OFA 518-884-4100</p>	
<p><b>T H U R S D A Y</b></p>	<p>09:00am-10:00am: Exercise to Tape                  09:00am-10:00am: Billiards/Pool                  10:00am-11:30am: Chorus (<b>Begins 9/8</b>)                  10:00am-12:00pm: <b>Games:</b> Rummikub                  10:15am-11:15am: Yoga w/Deanna <b>\$6 member/\$8 non-member</b> At the Center OR <a href="#">Join Zoom</a>                  10:30am-12:30pm: Watercolors w/Mary Fekete <b>\$6/class</b> (paid to instructor) (9/1, 9/15, 9/29)                  12:30pm-04:00pm: <b>Games:</b> Pinochle                  01:00pm-04:00pm: <b>Games:</b> Mahjong</p>	
<p><b>F R I D A Y</b></p>	<p>09:00am-10:00am: Tap Dance—Advanced ((No 9/2, 9/9, 9/16), 9/23, 9/30) <b>\$10</b>                  09:00am-10:55am: Orchestra (<b>Begins 9/9</b>)                  09:15am-12:00pm: Woodcarving                  10:00am-10:45am: Ballet Class ((No 9/2, 9/9, 9/16), 9/23, 9/30) <b>\$8</b>                  10:00am-12:00pm: Bocce Ball Group (May-Nov)                  10:00am-12:00pm: <b>Games:</b> Dominoes/Mexican Train                  10:55am-12:30pm: Big Jazz Band (<b>Begins 9/16</b>)                  12:30pm-02:00pm: <b>Games:</b> Bingo                  01:00pm-02:30pm: Jewelry Making Class: 2nd Friday (Class) &amp; 4th Friday (BYO Project)                  01:15pm-02:15pm: Latin Line Dancing (9/2, 9/9, 9/16, 9/23, 9/30) <b>\$15</b>                  02:30pm-03:30pm: Healthy Bones for Life—To register, call OFA 518-884-4100</p>	<p><b>Miss the book sale?</b>                  We have weekly sales here in the lobby!!!  <b>\$0.50</b> for Paperbacks/  <b>\$1.00</b> for Hardcover</p>

**SERVICES FOR YOU**

- ◆ **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.
- ◆ We take donations of and loan out **Wheelchairs, Seated Walkers and other items** to those who need them!
- ◆ **Have old prescription medications and not sure what to do with them?** Stop by the Center to pick up a DETERRA drug deactivation system provided by NYS.
- ◆ **Free Legal Assistance** offered through the Saratoga County Office for the Aging. Need assistance with legal items? Make an appointment by calling 518-884-4100.

**ADDITIONAL THINGS TO DO AT THE CENTER**

- ◆ We are looking at adding some **New Programs** to the Center. **Let us know** what you would like to participate in here at the Senior Center. —Indoor Bocce Ball—Indoor Pickle Ball—Shuffleboard—Horseshoes— Etc. **Let us know** in our suggestion box in the Lobby!
- ◆ **Would you like to Volunteer at the Center?** Opportunities include Front Desk Ambassador, Senior Dinners, etc.. Let us know!

**COVID INFORMATION**

- ◆ Need Help Scheduling your Booster Shot? **We can help!** Call us today **518-383-1343**.
- ◆ If you or someone you know needs to be tested, you can get a **FREE PCR COVID TEST** in Ballston Spa. Click [HERE](#) to be directed to the website.

**Thank you!**

...to Janet, Sue, and the Book Sale Volunteer Team!  
 ...to all of the amazing volunteers who helped us with our annual Open House!  
 ...to the instructors who helped us put together our Open House!  
 ...to Brookdale Senior Living for sponsoring a fun Ice Cream & Bingo!  
 ..to Patti B for volunteering to give us three months of Light Mending!  
 ...to the Hindu Temple Society for entertaining us with Indian Classical Music throughout August!

*Support our Advertisers when you can...Let them know you appreciate their ad!*



**MVP<sup>®</sup>**  
HEALTH CARE

**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](http://Ravenswoodpub.com)  
 Email: [ravenswoodpub@outlook.com](mailto:ravenswoodpub@outlook.com)

Medicare Advantage | Medigap | Prescription Drug

**INDEPENDENT SALES BROKER**

**Paul Zohn**

Cell: (518) 461-1945  
 Email: [zohninsurance@nycap.rr.com](mailto:zohninsurance@nycap.rr.com)

---

--Clifton Park Resident and Office. Available 7 days a week! --

\*This is an advertisement. By calling this number, you agree to speak to a licensed health insurance agent about Medicare Advantage products. Medicare has neither reviewed, nor endorsed this information.\*



We're by your side so your loved one can stay at *home*.

Call (518) 580-1042 or visit [HomeInstead.com/341](http://HomeInstead.com/341)

 **Home Instead.**  
*To us, it's personal*

TRANSPORTATION | MEALS & NUTRITION | MEMORY CARE | HOSPICE SUPPORT

Each Home Instead® franchise is independently owned and operated. © 2021 Home Instead, Inc.

Support our Advertisers when you can...Let them know you appreciate their ad!

# The Best is Yet to Come!



## Discover your maintenance-free, independent life.

Coburg Village is a 55+ rental community featuring beautifully appointed, spacious cottages and one- and two-bedroom apartments. Enjoy countless social and cultural activities, chef-prepared dining, housekeeping services, scheduled transportation ... and much more!

**Schedule your tour today. Call (518) 371-5000.**



One Coburg Village Way | Rexford, NY 12148 | CoburgVillage.com



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**

32654 SR

© 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

**Bank  
Anywhere,  
Anytime.**

**CAPITAL BANK**  
A division of Chemung Canal Trust Company

capitalbank.com  
(800) 836-3711  
Member FDIC in

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



# 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

Support our Advertisers when you can...Let them know you appreciate their ad!



**Berkshire Hathaway HomeServices,  
Blake REALTORS**

**Liz Gabeloff**

Licensed Real Estate Salesperson  
*Senior's Real Estate Specialist (SRES)*

1745 Route 9, Clifton Park, NY 12065  
egabeloff@bhhsblake.com  
Cell: 518-577-1360

*\*Serving the Capital Region for 10+ Years\**

**MEDICARE ADVANTAGE | SUPPLEMENTAL | PRESCRIPTION DRUG PLANS**

**INDEPENDENT SALES AGENT**

Keeping Medicare Simple - Call Today!



**Sonya Chandler**  
Phone: (518) 364-0162  
Fax: (888) 725-2780  
SonyaAChandler@gmail.com



"You said we'd love this place, and of course we do! The services are wonderful, the food divine, and we are so glad to be here." -Helen & Bob

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



**SIX EXCEPTIONAL COMMUNITIES LOCATED IN:**  
Niskayuna - Glen Eddy • Latham - Marjorie Doyle Rockwell Center  
Troy - Beechwood at Eddy Memorial • East Greenbush - Eddy Hawthorne Ridge  
Queensbury - The Glen at Hiland Meadows • Slingerlands - Beverwyck

 **Eddy Senior Living**  
ST PETER'S HEALTH PARTNERS

A PARTNER YOU CAN TRUST

(518) 280-8385 • EddySeniorLiving.com



**Marshall Associates**  
Since 1989 Financial Professionals

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

**Protect your Nest Egg!  
Call us to learn how!**



**George & Jackie**

**518-383-3739**

Visit our website...  
[www.MarAssoc.com](http://www.MarAssoc.com)

★  
[Marshall@MarAssoc.net](mailto: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.. v01



**THE GRAB BAR GUY**  
Your Local Grab Bar Sales & Installation Specialist  
Call 518-212-0754

[www.thegrabbarguy.com](http://www.thegrabbarguy.com)

**Better Safe than Sorry!**



**KINGSWAY HOME CARE SERVICE**

The Kingsway tradition of caring extends into your home with *Kingsway Home Care service.*

**518-382-8187**  
[kingswaycommunity.com](http://kingswaycommunity.com)

Support our Advertisers when you can...Let them know you appreciate their ad!

# 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



## The Witecki Law Office

8 South Church Street,  
Schenectady, NY 12305  
518-372-2827,  
[www.WiteckiLawOffice.com](http://www.WiteckiLawOffice.com)

Beginning June 16, 2022, Glenn Witecki will be providing in-person, free consultations, every 3<sup>rd</sup> Thursday of **every other 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.*



## BlueShield of Northeastern New York

Call: 1-877-258-7453 (TTY 711)

Visit: [bsneny.com/medicare](http://bsneny.com/medicare)

BlueShield of Northeastern New York is a division of HealthNow New York Inc., an independent licensee of the Blue Cross and the Blue Shield Association.



**Many senior living residences stand alone.**

## KingswayCommunity stands out.

Kingsway Community is family-owned and operated for over 45 years. Our dedicated professionals have decades of experience providing care, support, comfort, nutrition, security and peace of mind. Comprehensive senior living and healthcare, all on one campus, provides support and peace of mind as needs change.

**That's the Kingsway difference.**

**518-393-8800**  
[kingswaycommunity.com](http://kingswaycommunity.com)

**Skilled Nursing | Rehabilitation | Assisted Living  
Memory Care | Senior Apartments | Home Care**

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 ADL's including: bathing, showering and feeding
- Medication management and skilled nursing tasks
- Blood Glucose Monitoring
- Catheter/Foley Care

Home of the  
*Good Shepherd*

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

homeofthegoodshepherd.com

**Is your dog registered with the Town Clerk?**

NYS requires all dogs four months of age or older to be licensed in the municipality in which they are harbored. Dog licenses are issued at the Town Clerk's Office, located in Town Hall, at which time proof of rabies vaccination is required and proof if spayed or neutered.

**Annual Fee:**

Spayed/neutered dog is \$6.00  
Unspayed/unneutered dog is \$11.50

Original license must be processed in Town Hall.

Renewals will be accepted in person, by mail, dropbox (Town Clerk's office entrance-east side of building) or online at [www.cliftonpark.org](http://www.cliftonpark.org). There will be a \$1.75 convenience fee for online renewals.



**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 Wade Schoenborn	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 Mike Woerner	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
Deputy Supervisor Anthony F. Morelli:	amorelli@cliftonpark.org
Councilwoman Lynda M. Walowit:	lwalowit@cliftonpark.org
Councilwoman Amy J.H. Standaert:	astandaert@cliftonpark.org
Councilwoman Amy Flood:	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.