



Clifton Park Senior Center



June 2023—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**

Upcoming Center Closings:

Juneteenth

Monday, June 19th

**BOOK SALE:
SATURDAY,
JULY 29
1 DAY SALE!!**



JUNE DINNER

Wednesday, June 14th
Outdoor event at 5:00pm
(Weather permitting)

\$15 Members Only

FEATURING:



MENU:

Salad
Woodfired Pizzas
Lemonade
Assorted Desserts

MUSIC PROVIDED BY:

 DJ Ernie Apisa
TRI-CITY ILLUSION

SPONSORED BY:



Dinner Sign-ups begin on Thursday, June 1st.

DADS AND DOGS



POTLUCK

Ladies please sign up and bring a dish to share. Dads, come and enjoy a great picnic! We'll play some old timey games and have some fun!

Bring your own chair.

Hotdogs & Rolls provided by Sorrentino's Deli & Market (241 Grooms Rd, CP)

**FRIDAY, JUNE 16
11:30PM**



INDOOR Antique -- Flea Market Garage Sale

Clifton Park Senior Center
Saturday, June 3rd 9am - 2pm

**SALE IS OPEN
TO THE PUBLIC!**





Entertain

EXPLORE



Space is Limited. Some events require Advanced Registration. To sign up, call the Center at 518-383-1343

*indicates membership not required

Saturday, June 3	9:00am-2:00pm	*Senior Center Garage Sale: Take this opportunity to sell your items at this one day event. \$10 deposit required to reserve an 8ft table. Deposit will be refunded on the day of the event, to all participating members. One table per household. Space is limited, sign up now!
Tuesdays, June 6, 13, 20, 27 **NEW DAY**	11:00am-12:00pm	Introductory Acoustic Guitar Lessons: with Brian Dufrense from Humana Bring a guitar -if you have one- and learn how to play! There will be extra guitars on-hand. Limit 3-4 students 4 Week Session: Advanced Registration Required FREE
Wednesday, June 7	11:00am-1:00pm	Computer Assistance: with Chip from CORE Real Estate Having trouble with your computer or other device? Bring your device in and we will find a solution. Advanced Registration Required
Wednesday, June 7	12:15pm	*High School Acapella Group: The beautiful voices of Shen's Acapella Group will grace our Center and sing some lovely tunes! Advanced Registration Required
Friday, June 9	1:00pm	Jewelry Making Class: \$3.00 cash supply fee paid at registration. Sample on display at front desk. Advanced Registration Required
Friday, June 9	1:00pm	*Senior Spring Swing Band Concert: Live Entertainment with the Center's very own Swing Band in our yearly Spring Concert! Reception to follow with treats!
Tuesday, June 13	9:30am	Light Mending with Patti: Drop In, Drop Off, Pick Up later – 2-3 items – bring supplies if needed (buttons, etc.) Laundered Clothing Items Only
Wednesday, June 14	12:30pm	*EEE: A Tale of Two Trusts – Revocable & Irrevocable w/ Witecki Law: This session provides an overview of estate planning basics and explores advanced planning opportunities using Revocable and Irrevocable Trusts. Topics covered include asset protection planning for Nursing Home care, the difference between the "five-year look-back period" and a "penalty period" in relation to Medicaid funding, and the benefits of Trusts in preventing Will challenges and safeguarding assets from Long Term care expenses. Attendees will have the chance to ask personalized questions regarding their own circumstances. Advanced Registration Required
Thursday, June 15	12:30pm	*Music at the Center: Picking with a Purpose "Chuck Oakes & the Acorns" These vintage players play folk, country, and bluegrass favorites. FREE
Friday, June 16	11:30am	Dads and Dogs Potluck: Ladies please sign up and bring a dish to share. Dads, come and enjoy a great picnic! We'll play some old timey games and have some fun! Bring your own chair. Hotdogs & Rolls provided by Sorrentino's Deli, 241 Grooms Rd Advanced Registration Required
Tuesday, June 20	12:00pm	Senior Lunch Bunch: Olive Garden, Clifton Park: Early Registration Required. <i>Space is limited. Email Linda LNOVAK2@nycap.rr.com or see her</i> Wednesdays at the Center
Friday, June 23	1:00pm	*Shen Showstoppers Show: At ages 70 to 95, many of the Showstoppers have studied at our center since 2003 with instructor Janet Murphy, a former Rockette. They have performed locally at Senior Expos and senior residences. They were selected three times to perform at the sold out performances of The Senior Interstate Tap Show in Fair Lawn, NJ.
Monday, June 26	2:30pm-4:00pm	*Living with a Loss: with Mary Beth Bradshaw, LMSW: Community Hospice: Monthly Drop-in Program. There is no timetable for grieving; people grieve in their own way and heal at their own pace. You have the opportunity to talk about your loss and share your story with others with similar losses. Learn the signs of grief, self-care, & coping strategies.
Tuesday, June 27	1:30pm-3:30pm	*Musical Jam with Chuck Oakes: We all have enjoyed hearing Chuck Oakes & The Acorns and now they are hosting a jam at our Center for all to enjoy. Whether you play an instrument or just want to listen, great. If you enjoy acoustic music...stop by on the Fourth Tuesday of every month

M O N D A Y	09:00am–10:00am: Tap Dance (No 6/19) (6/5, 6/12, 6/26) \$15.00
	09:45am–12:00pm: Discussion Group
	10:00am–10:45am: Jazz Dance (No 6/19) (6/5, 6/12, 6/26) \$12.00
	10:00am–12:00pm: Bocce Ball
	10:00am–11:00am: Chair Yoga w/Bonnie (No 6/19) (6/5, 6/12, 6/26) \$21.00
	11:00am–11:45pm: Beginner Clogging (No 6/19, 6/26) (6/5, 6/12) \$14.00
	12:00pm–12:45pm: Intermediate Clogging (No 6/19, 6/26) (6/5, 6/12) \$14.00
	12:30pm–03:30pm: Games: Rummikub
	01:00pm–02:00pm: Ukulele Group
	01:00pm–03:00pm: Quilting Group
	01:15pm–02:15pm: Soulful Line Dance (No 6/19) (6/5, 6/12, 6/26) \$15.00
	02:30pm–03:30pm: Healthy Bones for Life— <i>To register, call Office For the Aging 518-884-4100</i>
	T U E S D A Y
09:00am–10:00am: Games: Billiards/Pool	
09:15am–10:15am: Yoga w/Deanna \$6.00 Members /\$8.00 Non-Members At the Center OR Join Zoom	
10:00am–12:00pm: Games: Dice (Dice 3000, LCR), 5 Crowns	
10:15am–11:15am: Evidence Based Qi-Gong & Tai Ji w/Bonnie (6/6, 6/13, 6/20, 6/27) \$28.00	
10:30am–12:00pm: Adult Coloring with Mary & Bob	
11:30am–03:00pm: Games: Duplicate Bridge Group—Sanctioned \$7.00/week	
12:00pm–01:00pm: MVP Bokwa Dance Moves (6/6, 6/13)	
12:30pm–03:00pm: Games: Scrabble; Cards: Hand & Foot	
W E D N E S D A Y	09:00am–10:00am: Exercise to Tape
	09:30am–11:30am: Investment Club (2nd & 4th Wednesday)
	10:05am–11:00am: Ukulele Group w/Ron At Center OR Online HERE For Song Sheets click: Here!
	10:00am–12:00pm: Games: Intermediate Bridge
	01:00pm–04:00pm: Knitting and Crocheting
	01:00pm–04:00pm: Games: Poker, Beginner Mahjong
	02:30pm–03:30pm: Healthy Bones for Life— <i>To register, call Office For the Aging 518-884-4100</i>
T H U R S D A Y	09:00am–10:00am: Exercise to Tape
	09:00am–10:00am: Games: Billiards/Pool
	10:00am–12:00pm: Games: Rummikub
	10:15am–11:15am: Yoga w/Deanna \$6.00 member/\$8.00 non-member At the Center OR Join Zoom
	10:30am–12:30pm: Watercolors w/Mary F \$6.00/class (paid to instructor) (6/15, 6/29) (Call for Supplies List)
	12:30pm–04:00pm: Games: Pinochle, Rummikub
	01:00pm–04:00pm: Games: Mahjong
F R I D A Y	09:00am–10:00am: Tap Dance— <i>Advanced</i> (6/2, 6/9, 6/16, 6/23, 6/30) \$25.00
	09:15am–12:00pm: Woodcarving
	10:00am–10:45am: Ballet Class (6/2, 6/9, 6/16, 6/23, 6/30) \$20.00
	10:00am–12:00pm: Bocce Ball
	10:00am–12:00pm: Games: Dominoes/Mexican Train
	10:55am–12:30pm: Big Jazz Band
	12:30pm–02:15pm: Games: Bingo
	12:30pm–04:00pm: Cards: 5 Crowns
	01:00pm–02:30pm: Jewelry Making Class (2nd & 4th Friday)
	01:00pm–04:00pm: Games: Splendor
	01:15pm–02:15pm: Latin Line Dancing (6/2, 6/9, 6/16, 6/23, 6/30) \$15.00
	02:30pm–03:30pm: Healthy Bones for Life— <i>To register, call Office For the Aging 518-884-4100</i>

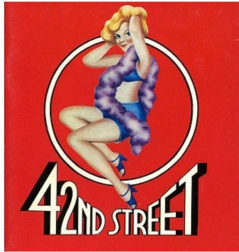
As a reminder, we have a **donation box** in the Lobby for Old Eyeglasses!



UPCOMING TRIPS

PLEASE REGISTER FOR ALL TRIPS AT LEAST 30 DAYS IN ADVANCE.

THURSDAY, JUNE 29:



42ND STREET AT THE MAC-HAYDN THEATRE

10:30am Departure-6:30pm Return
\$88 Members/ \$98 Non-Members

ALSO ENJOY:

Buffet Lunch at the
Whitestone Cafe

Get out your tap shoes, Francis! The ultimate show-within-a-show tap musical is back at the Mac-Haydn. Tony Award-winner for Best Musical, the fan favorite 42nd Street celebrates the magic of Broadway and what it means to be part of "the 'biz."

FRIDAY, JULY 14



SPIRIT OF THE ETHAN ALLEN CRUISE

7:45am Departure - 7:30pm Return
\$79 Members / \$89 Non-Members

ALSO ENJOY:

Shopping on Church Street
in Burlington, VT

Enjoy our scenic narration while enjoying lunch from our grand buffet. More than just soup and sandwiches, this is sure to impress! The menu is determined on the day of the trip.

THURSDAY, JULY 20

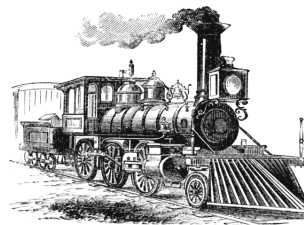


HALL OF SPRINGS LUNCHEON AND NYC BALLET AT SPAC

11:30am Lunch and
2:00pm Ballet
\$26 -SPAC Only OR
\$67 Luncheon & Ballet

Hall of Springs luncheon & New York City Ballet performance of Peck & Copland at The Saratoga Performing Arts Center
The Trip starts at the Hall of Springs, and you can walk to SPAC or ask for a golf-cart if needed.

FRIDAY, AUGUST 18



ESSEX STEAM TRAIN AND RIVERBOAT

7:45am Departure - 7:00pm Return
\$110 Members / \$120 Non-Members

Your Journey begins with a hot 3-course lunch aboard a restored 1920's Pullman Diner Cart as part of a 3.75 hour lunch, train, and riverboat sightseeing excursion.

WEDNESDAY, SEPTEMBER 13TH:



RESORT WORLD IN MONTICELLO

8:00am Departure-9:00pm Return
\$115 Members/ \$125 Non-Members

ALSO ENJOY:

Shopping Woodbury Common
Premium Outlets on the
way home.

Includes: \$25 Slot Play and Private Lunch Buffet:
Country Fresh Salad Bar,
Baked Chicken Breast, Penne Ala Vodka,
Mamma Mia's Meat Balls, Dessert and Soft Drinks

Mamma Mia – The Musical and Movie
The story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter, and friendship, creating an unforgettable show. Non-stop laughs and explosive dance numbers combine to make *Mamma Mia!* a smash hit.
A mother. A daughter. Three possible dads.
And a trip down the aisle you'll never forget!

Register at the
Front Desk today!
CASH / CHECK / CREDIT
Checks are payable to
Town of Clifton Park

Thank you to our Clifton Park and Halfmoon Donors for the Senior Fashion Show!

16 Handles	Harvest Grain Pizza	Outback Steakhouse
99 Restaurant	Heather Henderson	Parkwood Wine & Spirits
Alpin Haus	Hoffman's Car Wash	Pasta Pane
Auto Museum	Home Depot	Pure Day Spa
Best Western	I CRYO	Rebecca Jenkins
Blend	IHOP	Regal Wine & Liquor
Blossoms Spa	Jack's Liquors	Roots
Buffalo Wild Wings	Jersey Mike's	Rusty Nail/The Mill/Bentley
Cheryl Berthiaume	Jessica Diaz	Sake Bon
Clifton Country Car Wash	La Fiesta	Scott's Hallmark
Courtyard Marriott	Lane Bryant	Shing Fung
Daily Nail & Spa	Lemon Tree	Sky Zone
Delmar Bootery	Lynn Martin	Spice Malabar
Donna Cooke	Magic Nails	Spritz Car Wash
Elaine & Jim Oksakovsky	McDonalds	Starbucks
Elements Massage	Michele Gordon	Stewart's Shops
Elite Nail Spa	Mocha Lisa	TGIF
Encourage Hair Salon	Moxi Style Studio	Tina Sawyer
Exit 9 Wine	Mr. Formal Wear	The Glamour Lounge
Fantastic Sams	Mr. Fuji Sushi	Time Square
Five Guys	Nail Trix	Tracey's Hair & Beauty
Glennpeter Jewelers	New York Stylez	Trick Shot
Gregory's Barbershop	Nothing Bundt Cakes	Venezia Pizza
Halfmoon Liquor Store	Novel Nail Spa	
Hampton Inn	NY Racing Museum	
Hannaford	Olive Garden	



4 Things To Know About Depression and Older Adults

Everyone has feelings of uneasiness, stress, and sadness at some point during their life. However, clinical depression is more than just feeling sad or blue. It's a serious condition that affects many older adults and requires treatment.

Your Health and wellbeing or that of a friend could be at risk. [Click here for more info](#) or pick up some information at the Senior Center.

Signs and symptoms of depression vary from person to person. Look for changes in your mood or your interest in participating in activities.

Depression can be treated. If you have symptoms of depression that last for more than two weeks, talk with your doctor. There are many effective treatment options, so it's important to seek help early on.

Get support from family and friends. Though they cannot provide treatment, loved ones can help someone with depression by listening, watching for symptoms, participating in activities the person enjoys, and encouraging them to seek treatment.

A healthy lifestyle can help feelings of depression. Staying active, eating a healthy diet, getting enough sleep, and connecting with friends and family can benefit your mental health.

Additional information can be picked up at the Senior Center and join us for a talk on 7/27 about Depression.



IN CASE YOU MISSED IT:

BE PREPARED AS YOU AGE TO MAINTAIN YOUR INDEPENDENCE IN THE COMFORT OF YOUR OWN HOME. WITH A TRUE FREEDOM HOME CARE PLAN, ESSENTIAL HOME CARE ASSISTANCE IS A SIMPLE PHONE CALL AWAY.

FOR A PERSONAL CONSULTATION:
CALL SONDE OR CASSIE WITH OB1 INSURANCE:
518-661-6300

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.
- ***Free Legal Assistance** offered through the Saratoga County Office for the Aging. Make an appointment 518-884-4100.
- ***Need COVID Tests and Masks?** Ask at our front desk!
- *We 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 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.
- ***Would you like to Volunteer at the Center?** Opportunities include Front Desk Ambassador, Senior Dinners, Special Programs, Food Pickup, etc. Let us know!

Clifton Park Town Parks and Trails

MAPS & FINDING TRAILS:

Google Maps link to trails in Clifton Park: [HERE](#)

MAPS & FINDING PARKS & PRESERVES:

Google Maps link to Parks & Preserves in Clifton Park: [HERE](#)

FINDING OUTDOORS ACTIVITIES:

See here the Spring/Summer 2023 Parks & Recreation Booklet which is chock full of outdoors activities for all ages: [HERE](#)

Learn-to-Fish Day:

Saturday, June 3, two sessions to sign up for in the morning, through Parks & Recreation Department. Event to be held at Barney Road Park.

Thank You

- ...to Coburg Village for again providing an amazing Dinner
- ...to CDPHP for Sponsoring our Golf League
- ...to OB1 Insurance for our Cinco De Mayo Bingo
- ...to our Senior Orchestra and Chorus for the wonderful Spring Concerts
- ...to Brookdale Senior Living for bringing us a Mother's Day Bingo
- ...to the Backyard Brass for providing us great entertainment



Viewing of art work will be Monday thru Friday (afternoons): 518-383-1343. For more information on SSAS, visit: southernsaratogaartist.com







SSAS will be hosting an exhibit in the Gallery during the months of June and July featuring the work of artist and SSAS member Frank Coletta. His artwork will include realistic landscape drawings in pen & ink depicting the beauty of the Hudson Valley area and flower drawings in colored pencil and ink. Mr. Coletta is an accomplished artist who has shown nationally and locally.



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

Just show your CPSC Card!

**SARATOGA COUNTY DEPARTMENT OF AGING & YOUTH SERVICES-June 2023
GATHER & DINE/HOME DELIVERED MEALS 518-363-4020**

Monday	Tuesday	Wednesday	Thursday	Friday	
				<p>1 Chicken A La King Buttered Egg Noodles Carrots WW Dinner Roll Mandarin Oranges</p>	<p>2 Meatball Sub Mixed Vegetables Cauliflower Fruit Cocktail</p>
<p>5 Italian Sausage w/Peppers & Onions on Roll Home Fries Spinach Banana</p>	<p>6 BBQ Chicken White Rice Vegetable Trio WW Dinner Roll Yogurt</p>	<p>7 Breaded Fish w/Dijon Sauce Oven Roasted Potatoes Peas & Carrots Mandarin Oranges</p>	<p>8 Beef Enchilada Casserole Yellow Squash Green Beans Corn Muffin Fruit Cocktail</p>	<p>9 Oven Fried Chicken w/Gravy Mashed Potatoes Broccoli WW Dinner Roll Peaches</p>	
<p>12 Chicken w/ Lemon Sauce White Rice California Blend Vegetables WW Dinner Roll Peaches</p>	<p>13 Turkey Tetrazzini Stewed Tomatoes Mixed Vegetables WW Dinner Roll Fresh Orange</p>	<p>14 Tuna Salad Sandwich on Roll Coleslaw Tomato & Cucumber Salad LS Potato Chips Banana</p>	<p>15 Sweet & Sour Pork White Rice Asian Blend Vegetables Pears</p>	<p>16 Father's Day Special Open Face Hot Roast Beef Sandwich Mashed Potatoes Creamed Corn Frosted Chocolate Cake</p> 	
<p>19 BBQ Pork Loin Oven Roasted Sweet Potatoes Cabbage Carrot Muffin Applesauce</p>	<p>20 Peach Glazed Chicken White Rice Vegetable Trio WW Dinner Roll Shortbread Cookies</p>	<p>21 Pasta Alla Norma Italian Meatballs in Sauce Spinach Mandarin Oranges</p>	<p>22 Turkey Meatloaf w/ Mushroom Gravy Garlic Mashed Potatoes Green Beans Fresh Peach</p>	<p>23 Beef Goulash Mexican Corn Warm Berry Crisp</p>	
<p>26 Chicken Alfredo Buttered Pasta Peas & Carrots WW Dinner Roll Mandarin Oranges</p>	<p>27 Pork Loin w/Fiesta Sauce Oven Roasted Potatoes Broccoli Pears</p>	<p>28 Birthday Special Breaded Fish Tartar Sauce Macaroni & Cheese Zucchini & Tomatoes Frosted Cake</p> 	<p>29 Chicken & Sausage Jambalaya Spinach Warm Peach Crisp</p>	<p>30 LS Ham & Swiss on Roll w/ Mustard Macaroni Salad Tomato & Cucumber Salad Banana</p>	

Menu Subject To Change

Coffee, Tea and Butter are served daily at sites. The suggested contribution is \$2 per meal. There is a \$8 fee for guests under the age of 60. Please make checks payable to: Saratoga County Treasurer, c/o Saratoga County Department Of Aging & Youth Services, 152 West High Street, Ballston Spa, NY 12020

**To sign up for the Gather and Dine Lunch Program at the Senior Center,
call 518-383-1343
by Noon the day *before* you intend to come to Lunch.**

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<p>Brookdale East Niskayuna Alzheimer's & Dementia Care 2861 Troy-Schenectady Road Niskayuna, NY 12309 (518) 782-7381</p>	<p>Brookdale Niskayuna Enhanced Assisted Living 1786 Union Street Niskayuna, NY 12309 (518) 346-6935</p>
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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.

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Witecki Law Office
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www.WiteckiLaw.com

Glenn Witecki provides in-person, free consultations, the 3rd 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.

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Visit: 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.



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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.

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www.ingersollplace.org



"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:


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 Troy - Beechwood at Eddy Memorial • East Greenbush - Eddy Hawthorne Ridge
 Queensbury - The Glen at Hiland Meadows • Slingerlands - Beverwyck



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 Enriching mind, body, and spirit
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Communities in the Albany Area

Peregrine Clifton Park
 Memory Care with Enhanced Services
 518-371-2200

Peregrine Colonie
 Memory Care with Enhanced Services
 518-456-4500

Peregrine Crossgate
 Independent Living & Assisted Living
 518-869-0211

Peregrine Delmar Place
 Assisted Living
 518-434-4663

Peregrine Guilderland
 Assisted Living & Memory Care with Enhanced Services
 518-218-0506

Peregrine Shaker
 Assisted Living & Memory Care with Enhanced Services
 518-465-4444

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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 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
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homeofthegoodshepherd.com



OB1 Insurance
15 Clifton Country Rd
Clifton Park, NY 12065

**Medicare
Life
Long Term Care**

A local insurance agency focused on Seniors since 2009. Experience since 1989.

OB1 offers free in person appointments at their office or in the comfort of your own home. Whether you want a comprehensive consultation about your Medicare Insurance or simply want to explore your plan options OB1 can help! OB1 offers many of the carriers available and has been satisfying thousands of people's Medicare needs in the Capital Region for many years. OB1's agents are annually trained on Medicare, experienced, friendly, knowledgeable, dependable, and professional.

"How can I save money on prescriptions, plan premiums, copays?"
"How do I get more coverage?"
"What extra benefits am I entitled to?"

Call or email for a free no obligation consultation today with a local licensed insurance agent at -

518-661-6300
info@ob1insurance.com
ob1insurance.com facebook.com/ob1insurance

"We do not offer every plan in your area. Any information we provide is limited to those plans we do offer in your area. Contact medicare.gov or 1-800-MEDICARE to get information on all of your plan options."

Not affiliated or endorsed by the Federal Medicare Program



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

TO: CURRENT OCCUPANT OR

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

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
Councilman Christopher O'Hara:	cohara@cliftonpark.org
Councilwoman Agatha Reid:	areid@cliftonpark.org
Councilwoman Lynda M. Walowit:	lwalowit@cliftonpark.org

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.