



Clifton Park Senior Center

September 2023—Monthly Newsletter



SEPTEMBER DINNER

\$15 Members Only

Wednesday, September 20 at 5:00pm

Honey Glazed Ham
Applesauce
Mashed Potatoes
Vegetable & Rolls

Brownies w/whipped cream

Dinner prepared by Deets Catering

Dinner sign-up begins
Tuesday, September 5

Sponsored by:



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**

Welcome Stacie Agostino as our **NEW Program Coordinator!**



Stacie comes to us from the office of Assemblywoman Mary Beth Walsh where she served as District Office Manager for the last five years and gained a lot of experience working with people and planning programs and activities.

She shares a home in Glenville with her husband Mark and two daughters Chloe (21) and Karington(14).

We know, Stacie, that you'll be a wonderful addition to our Senior Center Family. On behalf of all of us I'd like to offer you our Warmest Welcome! ~Sue Leonard

Upcoming Center Closings

LABOR DAY;
Monday, September 4

Basket Party OPEN TO THE PUBLIC! Sunday, October 1st at 12:00 noon

Tickets are \$10 and include:
20 free auction tickets,
sandwich, chips and dessert.
This is a fun afternoon,

and we hope to see you there!
Purchase tickets in advance at the Center, space is limited
For more information, please contact the Front Desk

Basket Donations are welcomed!

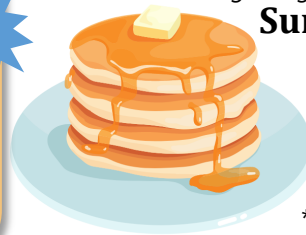
**PET LOVERS
COFFEE & TEA
BABY ITEMS
SPA THEMES**

Baskets can be dropped off at the Front Desk



PANCAKE BREAKFAST Fundraiser!

Pancakes • Sausage • Egg • Coffee & Juice • Bake Sale!



Sunday, September 24

9:00am to Noon
At the Senior Center


\$12 Adult • \$10 Senior
\$8 Kids • 5 and under
are **FREE!**

*No pre-registration needed

EDUCATE ☆ Entertain EXPLORE

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

*indicates membership not required

Tuesdays, September 5, 12, 26 (no class 9/19)	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 3 Week Session: Advanced Registration Required. FREE
Wednesday, September 6	11:00am- 1:00pm	Computer Assistance: with Chip from CORE Real Estate Having trouble with your computer or device? Bring your device in & we will find a solution. Advanced Registration Required
Wednesdays, September 6 & 13	9:00am- 10:30am	Intro to Pickleball: Instructor-Led at the YMCA, Clifton Park: It's the latest thing... A great way for brand new players to learn the sport, receive 90 minutes of instruction. Learn the basics. We will cover equipment, unique lingo, score keeping, court position, and the fundamentals of serve, return, and the volley. \$20 per class* Max of 8 people. Advanced Registration Required – CPSC members only —YMCA membership is not required
Tuesday, September 12	9:30am- 11:30am	Light Mending with Patti: Drop In, Drop Off, Pick Up later – 2-3 items – bring supplies if needed (buttons, etc.) Laundered Clothing Items Only
Tuesdays, September 12 & 26 2nd and 4th Tuesdays	10:00am- 12:00pm	Camera with Jay: Come and learn all things about cameras—digital, cell phone, film; Inkjet printers, film scanners, Photoshop, lenses, flash, portrait lighting, landscapes. We will discuss, show and tell, exchange ideas, and teach one another because cameras R fun! No experience necessary. Free. <i>Bring your own camera or cell phone.</i>
Thursday, September 14	9:30am- 12:00pm	Guest Crafter: Holiday Trivets with Deb B. \$4 cash supply fee paid at registration. Join us in making trivets just in time for the Christmas season! Sample on display at the front desk. Advanced registration required
Tuesday, September 19 1st and 3rd Tuesdays	1:00 pm- 3:00 pm NEW!!	Oil painters/All painters welcome: Come join us for an open studio , meet other artists and practice your own techniques. No formal instruction. If you'd like, a discussion group can take place periodically to consider your painting & brainstorming exchange of ideas/methods. FREE
Wednesday, September 20	12:00pm- 2:00pm	Bowling: Weekly bowling at <i>Spare Time</i> ; \$10/week (paid at the bowling alley) for shoes, 2 games, 2 slices of pizza and a beverage
Thursday, September 21	12:00pm	Senior Lunch Bunch: Ripe Tomato, Rt 9 & 9P, Malta: Early Registration Required <i>Space is limited. Email Linda LNOVAK2@nycap.rr.com, call or text 518-928-6368</i>
Thursday, September 21	12:30pm- 2:30pm	*EEE: Medicare 101: Medicare can be confusing and overwhelming. Learn more about how Medicare works, what it costs, what your options are and when you can enroll. Join MJ Murray (formerly with CDPHP) for an educational program on the basics of Medicare. This program will not have any specific plan information or material and there will be no sales presentation
Monday, September 25	2:30pm- 4:00pm	*Living with a Loss: with Mary Beth Bradshaw, LMSW: Community Hospice: Last Monday 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, September 26	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; if you enjoy acoustic music stop by on the Fourth Tuesday, every month
Wednesday, September 27	1:00pm- 3:00pm	Sweet Shop BINGO! Presented by Kingsway Community; OVER \$200 worth of gift card and a raffle basket. If you have a sweet tooth and enjoy BINGO action, please join us for a great afternoon of fun! CPSC members only. Advanced registration required.
Thursday,	1:00pm-	*Blood Drive: with the American Red Cross; Click here to make an appointment 
Wednesday, October 4	12:30pm- 2:00pm	*EEE: Socialization Workshop: Join us for fun & games with Holistic Life Coach, Amie Steinbach. We'll talk about the importance of socialization as we age and how it can help you thrive in your golden years. Enjoy an engaging activity around socialization and have fun!
Thursday, October 19	TBD	*Vaccine clinic—COVID and Flu: CANCELLED. Reach out to your local pharmacy to schedule your vaccines.

<p>M O N D A Y</p>	<p>09:00am-10:00pm: Tap Dance (9/18, 9/25) \$10 09:45am-12:00pm: Discussion Group 10:00am-10:45am: Jazz Dance (9/18, 9/25) \$8 10:00am-12:00pm: Bocce Ball 10:00am-11:00am: Chair Yoga w/ Bonnie (9/11, 9/18, 9/25) \$21 11:00am-11:45am: Beginner Clogging (9/11, 9/18, 9/25) \$21 12:00pm-12:45pm: Intermediate Clogging (9/11, 9/18, 9/25) \$21 12:30pm-03:30pm: Games: Rummikub 01:00pm-02:00pm: Ukulele Group (No class 9/4) 01:00pm-03:00pm: Quilting Group 01:15pm-02:15pm: Soulful Line Dance with Mary and Frank (9/11, 9/18, 9/25) \$15.00 02:30pm-03:30pm: Healthy Bones for Life—<i>To register, call Office For the Aging 518-884-4100</i></p>	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #e0f0ff;"> <p style="text-align: center;">Clifton Park Farm Fest Saturday and Sunday, 9/16 & 9/17</p> <p style="text-align: center;">Visit the many working farms in Clifton Park!</p> <p style="text-align: center;">For more information call 518-371-6667 or visit our town website www.cliftonpark.org for a full schedule</p> </div>
<p>T U E S D A Y</p>	<p>09:00am-10:00am: Exercise to Tape 09:00am-10:00am: Games: Billiards/Pool 09:15am-10:15am: Yoga w/Deanna \$5.00 Members /\$7.00 Non-Members At the Center OR Join Zoom (no class 9/5) 10:00am-12:00pm: Camera with Jay (<i>2nd & 4th Tuesday; 9/12 & 9/26</i>) 10:00am-12:00pm: Games: Dice (Dice 3000, LCR), 5 Crowns 10:15am-11:15pm: Evidence Based Qi-Gong & Tai Ji w/Bonnie (9/12, 9/19, 9/26) \$21 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 (9/12 to 11/14) 12:30pm-03:00pm: Games: Scrabble; Cards: Hand & Foot</p>	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #e0f0ff;"> <p style="text-align: center;">Come enjoy a day at the Southern Saratoga YMCA every 1st and 2nd Wednesday of the month! Just show your CPSC Card!</p> </div>
<p>W E D N E S D A Y</p>	<p>09:00am-10:00am: Exercise to Tape 09:30am-11:30am: Investment Club (<i>2nd & 4th Wednesday</i>) 10:00am-11:00am: Ukulele Group w/Ron At Center OR Online HERE For Song Sheets click: Here! 10:00am-12:00pm: Games: Intermediate Bridge, Nickels and Dimes (First Wednesday) 12:00pm-02:00pm: Bowling at <i>Spare Time</i> \$10/week for shoes, 2 games, and lunch (Beginning 9/20) 01:00pm-04:00pm: Knitting and Crocheting 01:00pm-04:00pm: Games: Poker & Learn to Play Beginner Mahjong 02:30pm-03:30pm: Healthy Bones for Life—<i>To register, call Office For the Aging 518-884-4100</i></p>	
<p>T H U R S D A Y</p>	<p>09:00am-10:00am: Exercise to Tape 09:00am-10:00am: Games: Billiards/Pool 10:00am-11:30am: Chorus—<i>Interested in Singing? All are welcome!</i> 10:00am-12:00pm: Games: Rummikub 10:15am-11:15am: Yoga w/Deanna \$5.00 member/\$7.00 non-member At the Center OR Join Zoom 10:00am-12:00pm: Mixed-Media Watercolors & Acrylics w/Mary F. \$6/class paid to instructor (9/7, 9/21) 12:30pm-04:00pm: Games: Pinochle, Rummikub 01:00pm-04:00pm: Games: Mahjong</p>	
<p>F R I D A Y</p>	<p>09:00am-10:00am: Tap Dance—<i>Advanced</i> (9/22, 9/29) \$10 09:00am-10:55am: Orchestra 09:15am-12:00pm: Woodcarving 10:00am-10:45am: Ballet Class (9/1, 9/8, 9/22, 9/29) \$16 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 (<i>2nd Friday: organized project, see front desk; 4th Friday: BYO project</i>) 01:00pm-04:00pm: Games: Learn to Play Splendor Play Puerto Rico (<i>Every-other week</i>) 01:15pm-02:15pm: Latin Line Dancing (9/1, 9/8, 9/15, 9/22, 9/29) \$15.00 02:30pm-03:30pm: Healthy Bones for Life—<i>To register, call Office For the Aging 518-884-4100</i></p>	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #e0f0ff;"> <p><i>Orchestra on the Common</i> If you play the violin or the cello or another orchestral instrument, the <i>Orchestra on the Common</i> needs you! Rehearsals are Friday mornings from September through May and we perform 3-4 concerts a year at the Center. We hope you'll join us!</p> <p style="text-align: center;">Eileen & Vince EFSkinner@aol.com VRServices@midtel.net</p> </div>

UPCOMING TRIPS

PLEASE REGISTER FOR ALL TRIPS AS SOON AS POSSIBLE - SPACE IS LIMITED.

Where do you want to go in 2024?
COLLETTE TOURS-TRAVEL PRESENTATIONS:

AUGUST 29 @ 1PM: LEARN ABOUT THESE TWO AMAZING TRIPS

AMERICA'S MUSIC CITIES: March 10-17, 2024 **SOUTH DAKOTA:** September 18-24, 2024

Nashville, Memphis,
New Orleans *Seven
Nights!*

Mount Rushmore, Crazy Horse,
The Badlands National Park, Deadwood *6Nights
1Hotel!*

WEDNESDAY, SEPTEMBER 13TH:

BENNY ANDERSSON & BJORN ULVAELS'
MAMMA MIA!

THE SMASH HIT MUSICAL BY ABBA

ALSO ENJOY:
Shopping Woodbury Common
Premium Outlets on the
way home.



**RESORT WORLD
IN MONTICELLO**

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

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

WAIT LIST ONLY

SUNDAY, SEPTEMBER 24



**BEARDSLEE CASTLE
MURDER MYSTERY**

10:30am Departure - 5:30pm
Return

\$80 Members / \$90 Non-Members
Presented by The Acme
Mystery Company

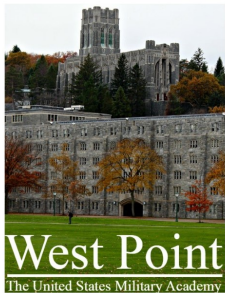
WAIT LIST ONLY

WEDNESDAY, OCTOBER 11

**WEST POINT TOUR
& A LUNCHEON AT
THAYER HOTEL**

8:00am Departure - 6:30pm Return
\$106 Members / \$116 Non-Members

Along with a trip to
Brotherhood Winery



West Point
The United States Military Academy

OCTOBER 16TH - 18TH

MULTI-DAY TRIP TO THE FINGER LAKES



3 Days - 2 Nights

Price: \$579 Double

+ \$150 Single

+ \$30 for Non-Members

.....
Lunch at Belhurst Castle,
Corning Museum of Glass,
Sonnenberg Gardens,
Captain Bills Seneca Lake
Cruise + Entertainment

WEDNESDAY, NOVEMBER 8

**HYDE PARK -
FDR HOME & LIBRARY
THE CULINARY INSTITUTE**

8:00am Departure - 5:30 Return
\$95 Members / \$105 Non-
Members



THURSDAY, DECEMBER 7

**THE BUDDY HOLLY-
HOLIDAY SHOW & THE
TURNING STONE CASINO**

8:00am Departure - 6:45 Return
\$78 Members / \$88 Non-
Members





Enjoy \$25 slot play,
\$5 food credit, & this
Matinee show



Register at the Front Desk TODAY!

CASH/CHECK/CREDIT CHECKS PAYABLE TO: Town of Clifton Park

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken w/ Honey Mustard Sauce Oven Roasted Sweet Potatoes Broccoli & Cauliflower WW Dinner Roll Peaches
4 Closed 	5 Pesto Chicken Buttered Egg Noodles Stewed Tomatoes WW Dinner Roll Mandarin Oranges	6 Meatloaf w/Gravy Mashed Potatoes California Blend Vegetables SF Chocolate Chip Cookies	7 Closed Senior Picnic 	8 Teriyaki Glazed Meatballs Red Bliss Potatoes Asian Blend Vegetables Fruit Cocktail
11 Pasta Fagioli w/Sausage Spinach Warm Cranberry Crunch WW Dinner Roll Yogurt	12 Chicken w/Fiesta Sauce Mashed Potatoes Vegetable Trio Corn Muffin Peaches	13 Breaded Fish w/Dill Sauce Buttered Noodles Peas & Carrots Mandarin Oranges	14 Apple Glazed Pork Oven Roasted Sweet Potatoes Red Cabbage WW Dinner Roll SF Oatmeal Cookies	15 Shaved Beef Sandwich w/Peppers & Onions on Roll Home Fries Mixed Vegetables Banana
18 Herb Chicken w/Gravy Stuffing Broccoli WW Dinner Roll Peaches	19 Roast Pork w/Tarragon Sauce Mashed Potatoes Asparagus Applesauce	20 Beef Stroganoff Buttered Egg Noodles Carrots Pumpkin Muffin Mandarin Oranges	21 Chicken Parmesan Pasta w/Sauce Wax Beans SF Chocolate Pudding	22 Chili Spinach Mixed Peppers & Onions Corn Muffin Fruit Cocktail
25 Pulled BBQ Beef on Bun California Blend Vegetables Warm Apple Crisp	26 Chicken Tikka Masala Oven Roasted Potatoes Peas & Onions Pears Fig Cookies	27 Birthday Special Roast Turkey w/Gravy Mashed Potatoes Butternut Squash WW Dinner Roll Frosted Cake 	28 Stuffed Pepper Casserole Beets Mixed Vegetables Corn Bread Applesauce	29 Chicken Stew Egg Noodles Lima Beans WW Dinner Roll Fresh Orange

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.

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

Thank You!

To everyone who made our Open House a **HUGE success!**

- *Peregrine for sponsoring
- *Instructors and their participants for the wonderful presentations
- *Our volunteers... *we couldn't do it without you!*

To the Acorns for entertaining us during our Early Labor Day Pot Luck!

Congrats! to the Peregrine gift basket raffle winners:
Jeanine L. & Mike N.



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

SSAS will be hosting an exhibit in the Gallery during August & September featuring the work of artist and SSAS member, Jo Weatherwax. She will show an educational display of this fine art whose material consists of natural or synthetic fiber or other components such as fabric or yarn.

INDEPENDENT SALES BROKER



Clifton Park Resident & Member of our Senior Center

PAUL ZOHN

Cell: 518-461-1945 Office: 518-383-5134

We do not offer every plan available in your area. Currently we represent 8 organizations which offer 79 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.



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Witecki Law Office

8 South Church Street
Schenectady, NY 12305
518-372-2827
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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BlueShield of Northeastern New York

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



"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.



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- Respite Care



Please Call for Rates and Information!
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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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OB1 Insurance
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 Clifton Park, NY 12065

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 "What extra benefits am I entitled to?"

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*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.

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- 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

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



SERVICES FOR YOU

- **The Gather & Dine Daily Lunch Program** Reserve by Noon the day before at 383-1343. Click [HERE](#)
- **Free Legal Assistance** offered through Saratoga County Office for the Aging. Make an appointment 518-884-4100.
- 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

**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. Walowitz:	lwalowitz@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.