



# Clifton Park Senior Center



October 2023—Monthly Newsletter

## Center Hours

Monday-Friday  
9:00am-4:00pm  
6 Clifton Common Court,  
Clifton Park, NY 12065  
518-383-1343



Your 2024  
Membership  
is STILL  
ONLY \$20!  
*All memberships  
expire on December 31*

**Center Closing**  
COLUMBUS DAY  
Monday, October 9

**HALLOWEEN PARTY!**  
TUESDAY, OCTOBER 31  
12:30PM-2:00PM  
\*COSTUME OPTIONAL  
COME TO THE LOBBY...UNLESS YOU'RE SCARED



## SOLDIER STOCKINGS service project

### WE ARE COLLECTING:

- Small Games:** Dice, cards, sudoku, etc.
- Travel Sized:** Shampoo, conditioner, lotion, etc.
- Regular Sized:** Deodorant, chapstick, baby wipes, sunscreen, pens/pencils, cough drops
- Candy:** Send in your Halloween leftovers!

**WE NEED:** Felt to make the stockings and people to cut, sew and decorate

Stockings will be donated to Blue Star Mothers NY who will ship to our troops



@1pm  
Wednesday 10/25  
Thursday 10/26  
Wednesday 11/1  
Thursday 11/2

## OCTOBER INDOOR PICNIC WITH

# BROOKS BBQ

WEDNESDAY, OCTOBER 18 @ 5PM

## MENU

- 1/2 CHICKEN
- BAKED POTATO
- COLESLAW
- DINNER ROLL
- SWEET TREAT



DINNER SIGN UP BEGINS  
MONDAY, OCTOBER 2ND

## CLIFTON PARK SENIOR COMMUNITY CENTER COVID - 19 PROTOCOL IF YOU TEST POSITIVE:

**STAY HOME FOR AT LEAST FIVE DAYS**  
Monitor your symptoms, avoid contact with others, and notify the Senior Center.

### ISOLATE

You may end isolation after 5 days if you are fever free for 24 hours; continue to isolate if fever persists.

### UNTIL AT LEAST DAY 11

Avoid your friends at the Clifton Park Senior Center and others who are more likely to get very sick from COVID-19.

### DITCH THE MASK!

After 11 days and symptom free, come back to the Senior Center; mask optional.

**CONTACT YOUR PHARMACY TO SCHEDULE A COVID VACCINE**


**LET'S STAY SAFE!**

\*CDC GUIDELINES

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

\*Indicates membership NOT required

Tuesday, Oct. 3 & 17 1st and 3rd Tuesdays	1:00 pm- 3:00 pm <b>NEW!</b>	<b>All painters welcome: Open studio with Cynthia.</b> Please see her work on CynthiaWhitman.com. A group discussion and painting will take place. <b>Registration required. FREE.</b>
Tuesdays, October 3, 10, 17, 24, 31	11:00am- 12:00pm	<b>Introductory Acoustic Guitar Lessons: with Brian Dufrense from Humana</b> Bring a guitar -if you have one- and learn how to play! There will be extra guitars on-hand. Limit 3-4 students <b>5 Week Session: Registration Required. FREE</b>
Wednesday, October 4	11:00am- 1:00pm	<b>Computer Assistance: with Chip from CORE Real Estate</b> Having trouble with your computer or device? Bring your device in & we will find a solution. <b>Registration required.</b>
Wednesday, October 4	12:30pm- 2:00pm	<b>*EEE: Socialization Workshop:</b> Join us for <u>fun &amp; games</u> with Holistic Life Coach, Amie Steinbach. Socialization is important and can help us thrive in our golden years. <b>Registration required.</b>
Thursday, October 5	11:00am- 12:00pm	<b>*EEE: Medicare Session:</b> an educational seminar by Cathy and Sonde of OB1 Insurance to help you navigate Medicare options. <b>Registration required.</b>
Tuesday, October 10	9:30am- 11:30am	<b>Light Mending with Patti:</b> Drop In, Drop Off, Pick Up later – 2-3 items – bring supplies if needed (buttons, etc.) <b>Laundered Clothing Items Only. Last chance until January!</b>
Tuesday, October 10 & 24 2nd and 4th Tuesdays	10:15am- 12:00pm <b>NEW!</b>	<b>Camera with Jay:</b> Come and learn all things about cameras—digital, cell phone, film; Inkjet printers, film scanners, etc. We will discuss, show and tell, exchange ideas, and teach one another because cameras R fun! <i>Bring your own camera or cell phone.</i> <b>No experience necessary. FREE</b>
Tuesday, October 10	2:00pm	<b>Movies and Popcorn:</b> Clue (1985): This murderously funny movie based on the world famous Clue Board Game. Was it Colonel Mustard in the study with a gun?! <b>Registration required. FREE</b>
Wednesday, October 11	1:00pm- 4:00pm	<b>*EEE: Living with Parkinson's:</b> Join us as the Parkinson's Foundation shows how Parkinson's symptoms may change over time and learn new strategies available for managing them. <i>Refreshments included.</i> <b>Registration required.</b>
Friday, October 13 2nd Friday: project; 4th Friday: BYO project	1:00pm	<b>Jewelry Making Class: Blessings Bracelet:</b> Whenever you wear a <b>Blessing Bracelet</b> , acknowledge 1 blessing in your life for each pearl. Silently find 4 people or things to be grateful for: your children, a flower, a pet, a perfect cup of coffee, your home—find something. The more you wear the bracelet the more you'll be blessed. <b>Registration required.</b> \$4 cash supply fee.
Friday, October 20	1:00pm- 2:00pm	<b>*Orchestra Concert:</b> Live Entertainment with the Center's very own Orchestra in our yearly Fall Concert! Reception to follow.
Tuesday, October 24	11:30pm	<b>Senior Lunch Bunch: The Ugly Rooster Cafe, 2476 Rt 9, Malta: Early Registration Required</b> <i>Space is limited. Email Linda lindano822@gmail.com, call or text 518-928-6368</i>
Tuesday, October 24	1:30pm- 3:30pm	<b>*Musical Jam Session with Chuck Oakes:</b> Whether you play an instrument or just want to listen; if you enjoy acoustic music stop by on the <b>Fourth Tuesday.</b>
Wednesday, October 25	10:30am- 11:30am	<b>*EEE: Meditation &amp; Reiki:</b> Meditation improves your emotional and physical health. Come and reduce stress, control anxiety, decrease blood pressure, improve sleep, help control pain and enhance self-awareness with Reiki and Meditation Coach, Darcy. <b>Registration required.</b>
Wednesday, October 25	12:30pm- 1:15pm	<b>*EEE: Therapy Dogs:</b> Chris Bourgeois will share heartwarming stories about the lives and love of a therapy dog. We'll talk about the various roles, talents and comfort that only our canines can give.
Wednesday, October 25	12:30pm- 2:00pm	<b>*EEE: Summit on Senior Issues:</b> VIRTUAL program from CAPTAIN CHS; the first of many! This month: Saratoga Co. Office for the Aging will describe the services they provide to seniors. Click <a href="#">HERE</a> to register to watch from home or come to the Center to view. <b>FREE.</b>
Thursday, October 26	10:00am- 12:00pm	<b>Guest Crafter: Holiday Rag Wreath with Donna R.</b> Join us in making wreaths just in time for the Holiday Season! Sample on display at the front desk. <b>Registration required.</b> \$4 cash supply fee.
Monday, October 30	2:30pm- 4:00pm	<b>*Living with a Loss: with Mary Beth Bradshaw, LMSW: Community Hospice: Last Monday</b> 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.
Thursday, November 2	10:00am- 12:00pm	<b>Guest Crafter: Iris Folding with Pat T.</b> Sample on display at the front desk. <b>Registration required.</b> \$4 cash supply fee.
Friday, November 3	1:00pm- 2:00pm	<b>*Big Band Concert:</b> Enjoy a live concert by the Center's Jazz Band with special guest, Supervisor Phil Barrett. Reception to follow.

<p><b>M O N D A Y</b></p>	<p>09:00am-10:00pm: Tap Dance (10/2, [no 10/9] 10/16, 10/23, 10/30) <b>\$20</b>                  09:45am-12:00pm: Discussion Group                  10:00am-10:45am: Jazz Dance (10/2, [no 10/9] 10/16, 10/23, 10/30) <b>\$16</b>                  10:00am-12:00pm: Bocce Ball                  10:00am-11:00am: Chair Yoga w/ Bonnie (10/2, [no 10/9] 10/16, 10/23, 10/30) <b>\$28</b>                  11:00am-11:45am: Beginner Clogging (10/2, 10/30) <b>\$14</b>                  12:00pm-12:45pm: Intermediate Clogging (10/2, 10/30) <b>\$14</b>                  12:30pm-03:30pm: <b>Games:</b> Rummikub                  01:00pm-02:00pm: Ukulele Group (<b>no 10/9</b>)                  01:00pm-03:00pm: Quilting Group                  01:15pm-02:15pm: Soulful Line Dance with Mary and Frank (10/2, [no 10/9] 10/16, 10/23, 10/30) <b>\$15.00</b>                  02:30pm-03:30pm: Healthy Bones for Life—To register, call <b>Office For the Aging 518-884-4100</b></p>	<p><b>**CPSCC POLICY:</b> Nonmembers can join us as a guest once per year for free.</p> <p>Although many of our programs are free of charge, members can try almost any <i>paid</i> class the first time at no charge. Please call ahead.</p>
<p><b>T U E S D A Y</b></p>	<p>09:00am-10:00am: Exercise to Tape                  09:00am-10:00am: <b>Games:</b> Billiards/Pool                  09:15am-10:15am: Yoga w/Deanna <b>\$5.00 members/\$7.00 nonmembers</b> At the Center OR <a href="#">Join Zoom</a>                  10:00am-12:00pm: Camera with Jay (2nd &amp; 4th Tuesday; 10/10 &amp; 10/24)                  10:00am-12:00pm: <b>Games:</b> Dice (Dice 3000, LCR), 5 Crowns                  10:15am-11:15pm: Evidence Based Qi-Gong &amp; Tai Ji w/Bonnie (10/3, 10/10, 10/17, 10/24, 10/31) <b>\$35</b>                  10:30am-12:00pm: Adult Coloring with Mary &amp; Bob                  11:30am-03:00pm: <b>Games:</b> Duplicate Bridge Group—Sanctioned <b>\$7.00/week</b>                  12:00pm-01:00pm: MVP Bokwa Dance Moves (9/12 to 11/14)                  12:30pm-03:00pm: <b>Games:</b> Scrabble; <b>Cards:</b> Hand &amp; Foot</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; 10/11 &amp; 10/25)                  10:00am-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 and Dimes (First Wednesday; 10/4)                  10:00am-12:00pm: Memories to Memoirs (1st &amp; 3rd Wednesday; 10/4 &amp; 10/18)                  12:00pm-02:00pm: Bowling at Spare Time <b>\$10/week</b> for shoes, 2 games, and lunch                  01:00pm-04:00pm: Knitting and Crocheting                  01:00pm-04:00pm: <b>Games:</b> Poker &amp; Learn to Play Beginner Mahjong                  02:30pm-03:30pm: Healthy Bones for Life—To register, call <b>Office For the Aging 518-884-4100</b></p>	<p>Come enjoy a day at the Southern Saratoga YMCA every 1st and 2nd Wednesday of the month! Just show your CPSC Card!</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: <b>Games:</b> Billiards/Pool                  10:00am-11:30am: Chorus—Interested in Singing? All are welcome!                  10:00am-12:00pm: <b>Games:</b> Rummikub                  10:15am-11:15am: Yoga w/Deanna <b>\$5.00 members/\$7.00 nonmembers</b> At the Center OR <a href="#">Join Zoom</a>                  10:00am-12:00pm: Mixed-Media Watercolors &amp; Acrylics w/Mary F. <b>\$6/class</b> paid to instructor (10/12, 10/26)                  12:30pm-04:00pm: <b>Games:</b> Pinochle, Rummikub                  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 (10/6, [no 10/13] 10/20, 10/27) <b>\$15</b>                  09:00am-10:55am: Orchestra                  10:55am-12:30pm: Big Jazz Band (no rehearsal 10/20)                  09:15am-12:00pm: Woodcarving                  10:00am-10:45am: Ballet Class (10/6, [no 10/13] 10/20, 10/27) <b>\$12</b>                  10:00am-12:00pm: Bocce Ball                  10:00am-12:00pm: <b>Games:</b> Dominoes/Mexican Train                  10:55am-12:30pm: Big Jazz Band                  12:30pm-02:15pm: <b>Games:</b> Bingo                  12:30pm-04:00pm: <b>Cards:</b> 5 Crowns                  01:00pm-02:30pm: Jewelry Making Class (2nd Friday: organized project, see front desk; 4th Friday: BYO project)                  01:00pm-04:00pm: <b>Games:</b> Learn to Play Splendor and Puerto Rico (Every-other week)                  01:15pm-02:15pm: Latin Line Dancing (10/6, 10/13, 10/20, 10/27) <b>\$15.00</b>                  02:30pm-03:30pm: Healthy Bones for Life—To register, call <b>Office For the Aging 518-884-4100</b></p>	<p><b>WE NEED YOUR VOICE!</b></p> <p><b>ALL VOICES ARE NEEDED</b> 🎵</p> <p>▶ Soprano ▶ Alto ▶ Tenor ▶ Bass</p> <p><b>Our Chorus meets on Thursdays @10am</b></p> <p><b>WE ARE A FUN GROUP!</b></p> <p><b>COME JOIN US!</b></p>

# UPCOMING TRIPS

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

**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

**WAIT LIST ONLY**

**WEDNESDAY, OCTOBER 11** **WEST POINT**  
**& A LUNCHEON AT**  
**THAYER HOTEL**




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

Along with a trip to  
 Brotherhood Winery

**WAIT LIST ONLY**


**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

## Travel with us in 2024!

& COLLETTE TOURS

**AMERICA'S MUSIC CITIES** March 10-17, 2024 **8 DAYS, 10 MEALS,**  
**DOUBLE OCCUPANCY \$3,549**

- DAYS 1-3:** Stay at the Sheraton New Orleans and explore the "Jazz Capital of the World"
- DAYS 4&5:** Stay at the Guest House at Graceland in Memphis Tennessee and explore the birthplace of Blues, Rock 'n Roll and Soul
- DAYS 6&7:** Stay at the Gaylord Opryland Resort in Nashville, Tennessee and roll along the Music Highway to the birthplace of Tina Turner, the Grand Ole Opry and Elvis' recording studio






**SOUTH DAKOTA** September 18-24, 2024 **7 DAYS, 9 MEALS, ONE HOTEL**  
**DOUBLE OCCUPANCY \$2,999**

- DAYS 1-3:** Welcome to the West! Listen to stories and history of the Lakota tribe, visit Mount Rushmore and the Badlands National Park
- DAYS 4-6:** Visit Deadwood, a National Historic Landmark, and its museums, exhibits and sculptures, explore Custer State Park through a buffalo safari, and spend time at Crazy Horse Memorial; end your trip at the first national monument, Devils Tower

**\*Register at the Front Desk TODAY!\***

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Spinach Feta Chicken Buttered Noodles Vegetable Trio WW Dinner Roll Shortbread Cookies	<b>3</b>  <b>OKTOBERFEST AT CPSCC!</b> Tuesday, October 3 <b>MENU</b> Pretzels w/ Beer Cheese Brats & Sauerkraut German Potato Salad CALL TO RESERVE 518-383-1343	<b>4</b> Tuna Salad on Roll Coleslaw Tomato & Cucumber Salad LS Potato Chips Banana	<b>5</b> Split Pea Soup w/Ham Beets Warm Apple Crisp Corn Muffin	<b>6</b> Meatballs in Sauce Pasta w/Marinara Sauce Broccoli Fruit Cocktail
<b>9</b> <b>Closed</b>  <i>Columbus Day</i>	<b>10</b> Honey Glazed Chicken Buttered Noodles Asian Vegetables Bran Muffin Mandarin Oranges	<b>11</b> Pork w/Dijon Sauce Red Potatoes Carrots WW Dinner Roll Applesauce	<b>12</b> Hot Turkey Sandwich on Bun Butternut Squash Warm Cranberry Crunch	<b>13</b> Pasta Bake w/Meat Sauce Broccoli Wax Beans SF Chocolate Pudding
<b>16</b> Pesto Chicken Buttered Egg Noodles Stewed Tomatoes WW Dinner Roll Mandarin Oranges	<b>17</b> Italian Style Meatloaf Garlic Mashed Potatoes California Blend Vegetables SF Chocolate Chip Cookies	<b>18</b> Egg Salad on Roll Marinated Beet & Onion Salad Pea Salad Fresh Orange	<b>19</b> Teriyaki Glazed Meatballs Red Bliss Potatoes Asian Blend Vegetables Fruit Cocktail	<b>20</b> Chicken w/Honey Mustard Sauce Oven Roasted Sweet Potatoes Broccoli & Cauliflower WW Dinner Roll Peaches
<b>23</b> Pasta Fagioli w/Sausage Spinach Warm Cranberry Crunch WW Dinner Roll Yogurt	<b>24</b> Chicken w/Fiesta Sauce Mashed Potatoes Vegetable Trio Corn Muffin Peaches	<b>25 Birthday Special</b> Apple Glazed Pork Oven Roasted Sweet Potatoes Red Cabbage WW Dinner Roll Frosted cake 	<b>26</b> Breaded Fish w/Dill Sauce Buttered Noodles Peas & Carrots Mandarin Oranges	<b>27</b> LS Ham & Swiss on Roll Mustard Potato Salad Marinated Green Beans Fresh Pear
<b>30</b> Herb Chicken w/Gravy Stuffing Broccoli WW Dinner Roll Peaches	<b>31 Halloween Special</b>  Beef Stew Beets Wax Beans Biscuit Chocolate Cake w/Orange Colored Frosting			

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!



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

SSAS will be hosting our 26th Annual "Autumn Jewels" Show during the month of October, which will feature works from artists throughout the surrounding areas. It is a judged show and prizes will be awarded in various categories.

**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.

**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.

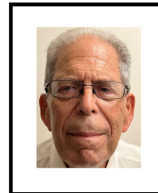
Capital District Physicians' Health Plan, Inc. CDPHP Universal Benefits,® Inc.



**A plan for life.**

This is an advertisement. Y0019\_16\_0864 Accepted

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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.



OB1 Insurance  
15 Clifton Country Rd  
Clifton Park, NY 12065

Medicare  
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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?"
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- "What extra benefits am I entitled to?"

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518-661-6300  
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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."

Not affiliated or endorsed by the Federal Medicare Program

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[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*

*Thank You!*

\*to **CDPHP** for sponsoring our September Dinner

\*to **Deets Catering** for a great meal

\*to our **current and new volunteers** helping at the front desk, with Panera packaging and so much more!

*Many hands make light work!*



**Bank Anywhere, Anytime.**

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**(800) 836-3711**

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

**Are you searching for...**

- a full-service/maintenance-free retirement lifestyle
- an array of superior services and amenities
- delicious chef-prepared meals
- life-enriching activities and wellness programs
- access to a continuum of care should your health needs ever change

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## 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



## KINGSWAY HOME CARE SERVICE

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

**518-382-8187**

kingswaycommunity.com

## 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)

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



**Exceeding  
Expectations  
Since 1924**



- Assisted Living
- Memory Care
- Enhanced Care
- Respite Care



*Please Call for Rates and Information!*

**(518) 370-4419**

## Ingersoll Place

ASSISTED LIVING

3359 Consaul Road | Niskayuna, NY 12304

[www.ingersollplace.org](http://www.ingersollplace.org)

## Home of the Good Shepherd

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Bringing New Life to Senior Living®  [brookdale.com](http://brookdale.com)




**Witecki Law Office**  
8 South Church Street  
Schenectady, NY 12305  
518-372-2827  
[www.WiteckiLaw.com](http://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*



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**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.