



Clifton Park Senior Center

March 2024—Monthly Newsletter



Hoe-Down Dinner

Wednesday, March 6 @ 5:00pm

\$15 - Members only

Dinner sign up begins
Friday, March 1



Food prepared by:

Home of the
Good Shepherd

Chicken Francese w/Lemon Piccata Sauce
Herb Roasted Fingerlings Potatoes · Roasted Asparagus
Tossed Salad · Rolls & Butter
Lemon Mousse Tart

Entertainment by:

Tamarack &
Paul Rosenburg of
HOMESPUN OCCASIONS



Center Hours

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

ST. "PATTIES" DAY Breakfast ONLY \$2!

WEDNESDAY, MARCH 13 @ 10:00AM

**SAUSAGE PATTY, EGG & CHEESE SANDWICH
HASH BROWN FRESH FRUIT & JUICE**

SPONSORED BY:



SPACE IS LIMITED SO SIGN UP TODAY!

CLIFTON PARK SENIOR CENTER

BOOK SALE!

SATURDAY, APRIL 6
9am to 4pm

OPEN TO THE PUBLIC

Join us for our Annual
Book Sale; thousands of
books for sale!

Paperbacks.....50¢
Hardcovers.....\$1.00
Puzzles, CDs and DVDs too!

*From 3pm to 4pm: 10¢/item

We are not taking book
donations at this time;
donations will resume
after the Book Sale.



FASHION SHOW

LUNCHEON AT THE VISTA
924 Main Street, Clifton Park

Sunday, April 21, 2024
11:30am-3:30pm

OPEN TO
THE PUBLIC!
TICKETS ON SALE
\$40 FOR LUNCH & A SHOW

Door Prizes, Fashions from:
Silent Auction, Chinese Auction
Bosco's



We're hosting a **B A B Y** SHOWER!

The shower will benefit **Birthright in Saratoga County**. Birthright distributes newborn necessities to new mothers in need. For many of their clients this is the only new gift they will receive. Your contribution will help provide essential items for babies and make a difference in the lives of these young families in our community. Please consider donating any of the requested items or gift cards to make a positive impact.

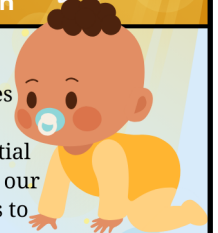
Stay Tuned!

Details to follow on the Baby Shower
in April...It will be a lot of fun!



**Donations
Needed:**

Baby lotion, wipes & diaper rash cream
Diapers size 1 and newborn
Onesies & bibs
In season clothes 3-12 months
Gift cards to Hannaford, Target & Walmart



PLEASE LOOK FOR THE DONATION BOX IN LOBBY & THANK YOU FOR YOUR GENEROSITY

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

Tuesday, March 5	2:00pm	Movies and Popcorn: <i>Blue Hawaii</i> (1961) After arriving back in Hawaii from the Army, Chad Gates (Elvis Presley) defies his parents' wishes for him to work at the family business and instead goes to work as a tour guide at his girlfriend's agency. Registration required. FREE.
Wednesday, March 6	10:00am- 11:00am	Indoor Spring Seed Planting: help us start our <i>Senior Community Garden</i> by planting vegetable and herb seeds that we will eventually plant in our garden beds!
Wednesdays, March 6, 13, 20, 27	1:30pm- 2:30pm	Country Line Dancing: Kick up your heels with Mary and Frank Colby as they teach us the steps to our favorite country songs. Registration required. \$15/March session
Thursday, March 7	1:00pm- 2:00pm	*Feeling Stressed? Nini of Full Spectrum Healing will teach us new strategies for Stress Relief whether it's physical, emotional, or mental. Natural solutions will be offered for you to try. Registration required. FREE.
Friday, March 8	12:30pm- 2:30pm	Medicare Q&A with Audrey: Come and chat with Audrey from CDPHP in the lobby about your Medicare options; informal.
Friday, March 8	1:00pm	Jewelry Making Class: Beaded bookmarks; sample on display at the front desk. Registration required. \$4 cash supply fee.
Tuesday, March 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.
Wednesdays March 13 through May 1	11:30am- 12:30pm	Learn to Play the Dulcimer: <i>Have you ever wanted to play a musical instrument?</i> Now is your chance—learn to play the Mountain Dulcimer, a 3-string instrument created by Scottish/Irish settlers, with Kathie. Registration required. 8-week session, \$20 cash Dulcimer rental fee.
Wednesday, March 13	1:00pm- 2:00pm	*Healthy Living for the Brain & Body: Gwen from the Alzheimer's Association shares tips from the latest research on lifestyle habits you can adopt at any age • Cognitive activity • Physical health and exercise • Diet and nutrition • Social engagement. Registration required. FREE.
Friday, March 15	1:00pm- 2:00pm	*Orchestra Concert: Live entertainment with the Center's very own Orchestra in our yearly spring concert! Reception to follow. FREE.
Tuesday, March 19	11:30am- 2:30pm	Medicare Q&A with MJ: Licensed Independent Agent MJ Murray will be in the lobby to answer any Medicare questions. There are many changes that are occurring right now in the Medicare world, and many to come; find out what your options are and if these changes will impact you.
Wednesday, March 20	10:00am- 11:00am	*Pre-Diabetes and Diabetes Nutrition: <i>What Can I Eat?</i> Come for a fun, interactive workshop on healthy eating. Includes free puzzle books! Presented by Katherine Mahon, RDN, CDES. Registration Required. FREE. Maximum 10 participants.
Thursday, March 21	1:30pm- 2:30pm	Computer Skills Tutoring: Shen students will guide us through the use of our phones, tablets and computers with a Q&A session to follow. Registration required. FREE.
Monday, March 25	2:30pm- 4:00pm	*Living with a Loss: with Mary Beth Bradshaw, LMSW: Community Hospice: 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. FREE.
Tuesday, March 26	10:30am- 3:30pm	*To Love a Child Project: Crafting reusable menstrual pads for girls around the world who lack access. We need your help to draw, cut, assemble or sew the pads together. We are in need of: plastic snaps size 16 (Babyville) and PUL (Poly Urethane Laminate) Fabric. This is a big sewing project; we have sewing machines or bring your own. Registration required, but sewing skills are not!
Tuesday, March 26	2:00pm- 3:30pm	Pajama Dance Party! Back by popular demand—wear your PJs and let's dance the afternoon away! Registration required. FREE.
Wednesday, March 27	1:00pm- 3:00pm	*Health Insurance Information Session: Saratoga Co. Department of Aging presents what's new for 2024 with Health Insurance Information Counseling and Assistance, with a Q&A segment.
Wednesday, March 27	1:00pm- 2:30pm	*Summit on Senior Issues: CAPTAIN CHS and Southern Adirondack Independent Living on fostering independence within our community. Click HERE to watch from home or come to the Center. FREE.
Thursday, March 28	1:30pm- 3:30pm	*Musical Jam Session with Chuck Oakes: Whether you play an instrument or just want to listen; if you enjoy acoustic music stop by on the Fourth Thursday. FREE.
Wednesday, April 3	11:30am- 1:00pm	*Let's Talk About It: with Kathleen from Townley and Wheeler; a conversation about the benefits of planning your final arrangements in advance. <i>Complimentary lunch will be served at 11:30am.</i> Registration required. FREE.

CHECK THE BACK PAGE FOR TRIP INFORMATION!

<p>M O N D A Y</p>	<p>09:00am-10:00pm: Tap Dance (3/4, 3/11, 3/18, 3/25) \$20 09:45am-12:00pm: Discussion Group 10:00am-10:45am: Jazz Dance (3/4, 3/11, 3/18, 3/25) \$16 10:00am-12:00pm: Outdoor Bocce Ball 10:00am-11:00am: Chair Yoga w/ Bonnie (3/4, 3/11, 3/18, 3/25) \$28 10:00am-12:00pm: Classic Board Games: Monopoly, Clue, Backgammon, & Chess NEW! 11:00am-11:45am: Beginner Clogging ([no 3/4] 3/11, 3/18, 3/25) \$21 12:00pm-12:45pm: Intermediate Clogging ([no 3/4] 3/11, 3/18, 3/25) \$21 01:00pm-02:00pm: Ukulele Group (no 3/4) 01:00pm-03:00pm: Quilting Group 01:00pm-02:00pm: Soulful Line Dance with Mary & Frank (3/4, 3/11, 3/18, 3/25) \$15 02:30pm-03:30pm: Healthy Bones for Life—<i>To register, call Office For the Aging 518-884-4100</i></p>	
<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 \$6.00 members/\$8.00 nonmembers At the Center OR Join Zoom 10:00am-12:00pm: Games: Dice 3000, LCR, 5 Crowns card game 10:15am-11:15pm: Evidence Based Qi-Gong & Tai Ji w/Bonnie (3/5, 3/12, 3/19, 3/26) \$28 10:30am-12:00pm: Adult Coloring 11:30am-03:00pm: Games: Duplicate Bridge Group—Sanctioned \$7.00/week 12:30pm-03:30pm: Games: Scrabble; Cards: Hand & Foot 01:00pm-03:00pm: Open Studio Painting with Cynthia (1st & 3rd Tuesday; 3/5, 3/19)</p>	
<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 (2nd & 4th Wednesday; 3/13, 3/27) 10:00am-11:00am: Ukulele Group w/Ron At Center OR Online HERE For Song Sheets click: Here! (no 3/6) 10:00am-12:00pm: Games: Intermediate Bridge, Nickels and Dimes (First Wednesday; 3/6) 10:00am-12:00pm: Memories to Memoirs (1st & 3rd Wednesday; 3/6, 3/20) 10:30am-11:30pm: Meditation (2nd & 4th Wednesday; 3/13, 3/27) \$14 12:00pm-02:00pm: Bowling at <i>Spare Time</i> \$10/week for shoes, 2 games, and lunch 01:00pm-04:00pm: Knitting and Crocheting 01:00pm-04:00pm: Games: Poker, Mahjong—beginners welcome! 01:30pm-02:30pm: Country Line Dance with Mary & Frank (3/6, 3/13, 3/20, 3/27) \$15 NEW! 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 \$6.00 members/\$8.00 nonmembers At the Center OR Join Zoom 10:00am-12:00pm: Mixed-Media Watercolors & Acrylics w/Mary F. \$6/class paid to instructor (3/7, 3/21) 12:30pm-04:00pm: Games: Pinochle 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> (3/1, 3/8, 3/15, 3/22 [no 3/29]) \$20 09:00am-10:55am: Orchestra 09:15am-12:00pm: Woodcarving 10:00am-12:00pm: Outdoor Bocce Ball 10:00am-10:45am: Ballet Class (3/1, 3/8, 3/15, 3/22 [no 3/29]) \$16 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 Friday: organized project, see front desk; 4th Friday: BYO project) 01:00pm-04:00pm: Strategy Board Games: Learn to Play Splendor; Hansa Teutonica, Arboretum, Azul, Century Spice Road, & Lords of Waterdeep 01:00pm-02:00pm: Latin Line Dancing (3/1, 3/8, [no 3/15] 3/22, 3/29) \$15 02:30pm-03:30pm: Healthy Bones for Life—<i>To register, call Office For the Aging 518-884-4100</i></p>	

SARATOGA COUNTY DEPARTMENT OF AGING & YOUTH SERVICES-March 2024
GATHER & DINE/HOME DELIVERED MEALS 518-363-4020

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Macaroni & Cheese Stewed Tomatoes Broccoli Yogurt
4 Baked Chicken w/Gravy Mashed Sweet Potato Vegetable Trio SF Chocolate Cookies	5 Beef Pepper Steak Couscous Pilaf Mixed Vegetables WW Dinner Roll Tropical Fruit	6 Shredded Pork w/ Picatta Sauce Oven Roasted Potatoes Butternut Squash WW Dinner Roll Mandarin Oranges	7 Italian Stew Orzo Pasta Green Beans WW Dinner Roll SF Vanilla Pudding	8 Tuna Noodle Casserole Peas & Carrots Broccoli Corn Muffin Banana
11 Sloppy Joe on Bun Spinach Cauliflower Shortbread Cookies	12 Ranch Chicken Oven Roasted Potatoes California Blend Vegetables Corn Muffin Peaches	13 Egg Salad on Bun Pea Salad Marinated Beet & Onion Salad Orange	14 St. Patrick's Day Special Corned Beef & Cabbage  Red Potatoes Carrots Rye Dinner Roll Chocolate Shamrock Cake	15 Vegetarian Bean Chili Beets Mixed Vegetables Corn Muffin Yogurt
18 Shredded Pork w/Gravy Mashed Potatoes Beets Mandarin Oranges	19 Shepherd's Pie Spinach Warm Cranberry Crunch Applesauce	20 Birthday Special Chicken Florentine Couscous Pilaf Peas & Carrots Frosted Cake 	21 Swedish Meatballs Buttered Egg Noodles Broccoli SF Chocolate Pudding	22 Seafood Newburg Orzo Pasta Vegetable Trio Corn Muffin Fresh Orange
25 Spanish Beef & Rice Casserole Broccoli Warm Peach Crisp	26 Chicken Salad on Bun Macaroni Salad Marinated Vegetable Salad Mandarin Oranges	27 Easter Special LS Ham w/Cranberry Mustard Sauce Mashed Sweet Potatoes Asparagus Vegetable Medley Dinner Roll Frosted Lemon Cake 	28 Chicken Paprikash Egg Noodles Mixed Vegetables WW Dinner Roll Applesauce	29 Breaded Fish Tartar Sauce Home fries Stewed Tomatoes Fresh Orange

Menu Subject To Change

Coffee, Tea and Butter are served daily at sites. If you have a food allergy, please notify our staff. Allergen information for the menu is available. Please contact Saratoga County Department of the Aging & Youth Services for more details. 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 our *excellent* live entertainers in February: Ken Blatt, Mike Purcell, Chuck Oakes and the Shen Showstoppers!

*to Patti B. for her monthly clothes mending!

*to our many Repair Café volunteers who helped many residents keep waste out of our landfills!

*to our Mardi Gras King Cake winners: Joe VanAlphen, Linda Timmons, Sue Jeffords & Donna DiPietro...

...we look forward to your cakes next year!



SSAS is sponsoring a "Student Art Show" featuring Shenendehowa High School Students in the Gallery of the Senior Center during the month of March. Students will exhibit a mixture of various methods of artwork. This show will be judged and prizes awarded so stop in and view our up and coming young artists.

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

SERVICES FOR YOU

***The Gather & Dine Daily Lunch Program** To Reserve your Lunch: Call by Noon the day before at 518-383-1343. 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 by calling 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 Dinners, Special Programs, Food Pickup, etc. Let us know!



We are still taking appointments in person for the free income tax assistance program sponsored by AARP Foundation and IRS!

If you know that you will be receiving tax documents from a brokerage, please don't make an appointment until you receive all of your documents.



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
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.

*CDC GUIDELINES

CONTACT YOUR PHARMACY TO SCHEDULE A COVID VACCINE

DEFENSIVE DRIVING COURSE is Coming!

Wednesday, May 22
9am to 4pm

Presented by Armand Canestraro, Empire Safety Council

\$31 Fee: Check payable to "Armand Canestraro"

*Reserve your spot at the Front Desk

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



Embracing long term memories
Enriching mind, body, and spirit
Empowering our residents to
thrive the Peregrine Way®

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

peregrineseniorliving.com



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

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



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

Experience **Exceptional Senior Living** at Eddy Senior Living!

Independent Living • Assisted Living • Memory Care
EddySeniorLiving.com | (518) 280-8385

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



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
---	---	--	--

homeofthegoodshepherd.com

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



WE'VE THOUGHT OF Everything!

If you are ready to enjoy carefree, maintenance-free retirement living in a warm, welcoming community, look no further than **Coburg Village**. We've thought of everything, so that you can simply enjoy life to its fullest!

Come see for yourself. Schedule your tour today. Coburgvillage.com



One Coburg Village Way | Rexford, New York 12148 | (518) 371-5000

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



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



Marshall Associates
Since 1989 Financial Professionals

Financial Planning, Investments, Insurance & Tax Preparation

TAX PREPARATION NOW AVAILABLE!!

518-383-3739

Visit our website...
www.MarAssoc.com
★
Marshall@MarAssoc.net
★
6 Sage Court
Clifton Park, NY 12065



George & Jackie

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.. v04a

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

Need a Medicare plan with dental?

Call Audrey at (518) 641-5756.



A plan for life.



Capital District Physicians' Health Plan, Inc.
CDPHP Universal Benefits, Inc.
Y0019_24_25860_C



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

518-382-8187

kingswaycommunity.com

Bank Anywhere, Anytime.

CAPITAL BANK
A division of Chemung Canal Trust Company

capitalbank.com
(800) 836-3711

Member FDIC

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!

<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>
---	--

© 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
SENIOR LIVING

brookdale.com

TURNING 65 or RETIRING?

No Cost Medicare Benefits Reviews - Medicare Supplement Plans
Dental & Vision Plans - Access to Multiple Carriers
Service & Support When You Need it

Chandler Insurance Services
Albany NY

Insurance Benefits Specialist
Licensed in NY, NJ, MA, SC, GA
www.chandlerinsuranceservices.com

For a free Benefits Assessment call Sonya Chandler • 518-364-0162

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
Email: ravenswoodpub@outlook.com



Clifton Park Senior Community Center
6 Clifton Common Court
Clifton Park, NY 12065

Where do you want to go in 2024?

CLIFTON PARK SENIOR COMMUNITY CENTER

***Sign up for all trips at least 30 days in advance.**

VANDERBILT MANSION & OLANA:

Tuesday, March 19, 2024
 & Lunch, Hyde Park

CORVETTES DOO-WOP:

Tuesday, April 16, 2024
 Lunch & Show @ The Carriage House
 West Springfield, MA

THREE MOTHERS @ CAPITAL REP:

Thursday, May 2, 2024
 Lunch at Smiths Public House, Cohoes, NY



LYNDHURST MANSION:

Wednesday, May 22, 2024
 Tarrytown, NY

MONTREAL & QUEBEC CITY, CANADA:

June 24-28, 2024
 Guided tours, a boat cruise, Montreal Casino,
 Montmorency Falls, Notre Dame Basilica & more!

SOUTH DAKOTA:

September 18-24, 2024
 Mount Rushmore, Crazy Horse, The Badlands
 National Park, Deadwood

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 Zabed Manir:	zmanir@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.