



# Clifton Park Senior Center



June 2024—Monthly Newsletter

### Center Hours

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

### Center Closing

**JUNETEENTH**  
Wednesday, June 19



### Welcome Bill!

Bill Torres joins us as our *NEW Recreation Attendant*. He worked at the Barney Road Golf Course for the last three years.

He and his wife, Sherry, have five children, 16 grandchildren, and nine great-grandchildren (with two on the way!)

**\*\*CPSCC POLICY:** Nonmembers can join us as a guest once per year for free.

Although many of our programs are free of charge, members can try almost any *active paid* class the first time at no charge. If you like it, sign up for the month.

# JUNE WEDNESDAY BBQ DINNER JUNE 12 5:00PM

\$15 Members Only

**BBQ CHICKEN BREAST  
BAKED BEANS  
CUP OF COLESLAW  
DINNER ROLL  
& BROWNIE**

Catered by:  
**DEETS CATERING  
& MORE**

Entertainment by:  
**DJ ERNIE APISA  
TRI-CITY ILLUSION**

Sponsored by:



**SIGN UP BEGINS MONDAY, JUNE 3**



## Garage Sale & Flea Market

INDOOR @ CLIFTON PARK SENIOR COMMUNITY CENTER

**SATURDAY, JUNE 8  
9AM - 2PM**

Members: sell your items at this One Day Event! \$10 deposit to reserve a table which will be refunded on the day of the event. One table per household. Advanced registration required. Space is limited.

**OPEN TO THE PUBLIC!**



## DADS AND DOGS FATHER'S DAY POTLUCK

Friday, June 14 @ 11:30am

**Bring a chair and  
enjoy a great picnic!**

We'll play some old timey games and have some fun. Ladies, sign up to bring a dish to share!

Hotdogs and rolls provided by





Registration Required

# 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

Mondays June 3, 10, 17, 24 <b>NEW!</b>	2:15pm-3:15pm	<b>*Beginner Soul Line Dancing:</b> with Mary and Frank; learn the basic steps to your favorite Motown, R&B and pop music. No experience necessary! <b>Registration required. FREE</b> (sponsored by Dept. of Aging)
Wednesdays June 5, 12, 26 & July 3	11:00am-12:00pm	<b>*Beginner Latin Line Dancing:</b> with Mark and Ray; enjoy the sizzling hot Latin beats while you learn the basics to the Cha-Cha, Salsa, Rumba and more! No experience necessary. <b>Registration required. FREE</b> (sponsored by Dept. of Aging)
Wednesdays June 12, 26 & July 3, 10 <b>NEW!</b>	8:30am-10:45am	<b>*Intro to Pickleball: Instructor-led at the YMCA, Clifton Park;</b> it's the latest thing! Brand new players can learn the basics with 90 minutes of instruction: equipment, unique lingo, score keeping, court position, and the fundamentals of serve, return, and volley. Max of 8 people. <b>Advanced registration required</b> —YMCA membership not required. <b>FREE</b> (sponsored by Dept. of Aging)
Thursday, June 6	1:00pm	<b>Wine, Cheese &amp; Chocolate Party:</b> Celebrate National Cheese Day with us and our  sponsor, <i>Home of the Good Shepherd</i> , (non-alcoholic). <b>Registration required. FREE.</b>
Fridays, June 7, 14, 21, 28 <b>NEW!</b>	12:30pm-3:00pm	<b>Learn to Play Euchre:</b> with George; discover one of the oldest and most popular card games (and easy to learn!) four players, teams of two, using a standard deck of cards. <b>Registration required. FREE.</b>
Friday, June 7	1:00pm	<b>*Big Band Spring Concert:</b> Live Entertainment with special guest Supervisor Phil Barrett! Reception to follow. <b>FREE.</b>
Tuesday, June 11	12:00pm-1:00pm	<b>*Poured Paint Vase:</b> with Tracey P. Come and make acrylic poured paint designs on a vase to add extra color to your arrangements! Sample on display at the front desk. Limited space; no experience necessary. <b>Registration required. FREE.</b> (sponsored by Dept. of Aging)
Thursday, June 13	2:00pm-4:00pm	<b>Free Computer Evaluation:</b> with Kirk F.; is your laptop running slow? Need data backup or repair? Or do you have a general question? Bring it in for a free evaluation! <b>Registration required. FREE.</b>
Friday, June 14	1:00pm	<b>Jewelry Making Class:</b> Station necklace with pendant; sample on display at the front desk. <b>Registration required.</b> \$4 cash supply fee.
Friday, June 14	12:00pm-1:00pm	<b>Dads and Dogs:</b> Bring a chair and enjoy a great picnic! We'll play games and enjoy hot dogs; ladies, sign up to bring a dish to share! Sponsored by Sorrentino's Deli  <b>Registration required.</b>
Thursday, June 20	12:30pm-2:00pm	<b>Celebrate Ella Fitzgerald:</b> with storyteller, Kate Dudding. Learn about the struggles and triumphs of the woman many call "The First Lady of Song" and "...the greatest popular singer in the world, barring none-male or female." <b>Registration required. FREE.</b>
Thursday, June 20	1:30pm-2:30pm	<b>Computer Skills Tutoring:</b> Shen students will guide us through the use of our phones, tablets and computers with a Q&A session to follow. <b>Registration required. FREE.</b>
Monday, June 24	2:30pm-4:00pm	<b>*Living with a Loss: with Mary Beth Bradshaw, LMSW: Community Hospice:</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. <b>FREE.</b>
Thursday, June 27	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 Thursday. FREE.</b>
Tuesday, July 23	10:30am-3:30pm	<b>*To Love a Child Project: Crafting reusable menstrual pads</b> 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 <b>PUL (Poly Urethane Laminate) Fabric.</b> Use our sewing machines or bring your own. <b>Registration required, but sewing skills are not!</b>
Fridays in July 7/5, 7/12, 7/19, 7/26	9:45am-12:00pm	<b>*Intro to Bridge:</b> with Linda S. Have you always wanted to learn this 4 person/2 team card game? <b>NEW players only</b> can sign up for <b>FREE</b> lessons; you must commit to all four weeks or you will let the team down. Books will be on loan during the session; maximum of 12 people <b>Registration required. FREE.</b> (sponsored by Dept. of Aging) <b>BEGINNERS ONLY.</b>



New SSAS members will be exhibiting in the month of June in the Senior Center Gallery. Members participating in this show are: Fran Cullen, Lynne Kaiser, Denise Kornak and Carol Winterton. Be sure to stop in and browse the beautiful pieces in this show.

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



Come enjoy a day at the Southern Saratoga YMCA every 1st and 2nd Wednesday of the month! Just show your CPSCC Card!



<b>M O N D A Y</b>	09:00am-10:00pm: Tap Dance (6/3, 6/10, 6/17, 6/24) <b>\$20</b>	*indicates membership not required  <b>**CPSSC POLICY:</b> •Sign up for most classes begins one week before the class starts. Class size might be limited. •Dept. of Aging Programs: must be 60+ and Saratoga Co. resident.
	09:45am-12:00pm: Discussion Group	
	10:00am-10:45am: Jazz Dance (6/3, 6/10, 6/17, 6/24) <b>\$16</b>	
	10:00am-12:00pm: Bocce Ball—Outdoor	
	10:00am-11:00am: Chair Yoga w/ Bonnie (6/3, 6/10, 6/17, 6/24) <b>\$28</b>	
	11:00am-11:45am: Beginner Clogging ([no 6/3] 6/10, [no 6/17], 6/24) <b>\$14</b>	
	12:00pm-12:45pm: Intermediate Clogging ([no 6/3] 6/10, [no 6/17], 6/24) <b>\$14</b>	
	01:00pm-02:00pm: Ukulele Group (only 6/3)	
	01:00pm-03:00pm: Quilting Group	
	01:00pm-02:00pm: *Soulful Line Dance with Mary & Frank (6/3, 6/10, 6/17, 6/24) <b>FREE!</b>	
02:15pm-03:15pm: *Beginner Soulful Line Dance with Mary & Frank (6/3, 6/10, 6/17, 6/24) <b>FREE!</b>		
02:30pm-03:30pm: *Healthy Bones for Life—Dept. of Aging 518-884-4110 *WAITLIST ONLY*		
<b>T U E S D A Y</b>	09:00am-10:00am: Exercise to Tape	
	09:00am-10:00am: <b>Games:</b> Billiards/Pool	
	09:15am-10:15am: *Yoga w/Deanna <b>\$6.00 members/wk, \$8.00 nonmembers/wk</b> At the Center OR <b>Join Zoom</b>	
	10:00am-12:00pm: <b>Games:</b> Dice 3000, LCR, Cards 5 Crowns	
	10:15am-11:15pm: Evidence Based Qi-Gong & Tai Ji w/Bonnie (6/18, 6/25, 7/2) <b>\$21</b>	
	10:30am-12:00pm: Adult Coloring	
	11:30am-03:00pm: <b>Games:</b> Duplicate Bridge Group—Sanctioned <b>\$7.00/week</b>	
	12:30pm-03:30pm: <b>Games:</b> Scrabble; <b>Cards:</b> Hand & Foot	
01:00pm-03:00pm: Open Studio Painting with Cynthia (1st & 3rd Tuesday; 6/4, 6/18)		
<b>W E D N E S D A Y</b>	09:00am-10:00am: Exercise to Tape [no 6/19]	
	09:30am-11:30am: Investment Club (2nd & 4th Wednesday; 6/12, 6/26)	
	10:00am-11:00am: Ukulele Group w/Ron At Center OR <b>Online HERE</b> For Song Sheets click: <b>Here!</b> (only 6/5)	
	10:00am-11:30am: Garden Club [no 6/19]	
	10:00am-12:00pm: <b>Games:</b> Intermediate Bridge [no 6/19]	
	10:00am-12:00pm: Memories to Memoirs (1st & 3rd Wednesday; 6/ 5, [no 6/19])	
	10:30am-11:30pm: Meditation (2nd & 4th Wednesday; 6/12, 6/26) <b>\$14</b>	
	11:00am-12:00pm: *Beginner Latin Line Dancing (6/5, 6/12, [no 6/19] 6/26, 7/3) <b>FREE!</b>	Sponsor Dept. of Aging! <b>NEW!</b>
	01:00pm-04:00pm: Knitting and Crocheting [no 6/19]	
	01:00pm-04:00pm: <b>Games:</b> Poker, Mahjong—beginners welcome! [no 6/19]	
01:30pm-02:30pm: Country Line Dance with Mary & Frank (6/5, 6/12, [no 6/19] 6/26, 7/3) <b>\$15</b>		
02:30pm-03:30pm: *Healthy Bones for Life—Dept. of Aging 518-884-4110 *WAITLIST ONLY* [no 6/19]		
<b>T H U R S D A Y</b>	09:00am-10:00am: Exercise to Tape	
	09:00am-10:00am: <b>Games:</b> Billiards/Pool	
	10:00am-12:00pm: <b>Games:</b> Rummikub	
	10:15am-11:15am: *Yoga w/Deanna <b>\$6.00 members/wk, \$8.00 nonmembers/wk</b> At the Center OR <b>Join Zoom</b>	
	10:00am-12:00pm: Mixed-Media Watercolors & Acrylics w/Mary F. <b>\$6/class paid to instructor</b> (6/13, 6/27)	
	12:30pm-04:00pm: <b>Games:</b> Pinochle	
	01:00pm-02:00pm: Photography Club (2nd & 4th Thursday, 6/13, 6/27)	
01:00pm-04:00pm: <b>Games:</b> Mahjong		
<b>F R I D A Y</b>	09:00am-10:00am: Tap Dance—Advanced (6/7, 6/14, 6/21, 6/28) <b>\$20</b>	
	09:15am-12:00pm: Woodcarving	
	10:00am-12:00pm: Bocce Ball—Outdoor	
	10:00am-10:45am: Ballet Class (6/7, 6/14, 6/21, 6/28) <b>\$16</b>	
	10:00am-12:00pm: <b>Games:</b> Dominoes/Mexican Train	
	12:45pm-02:30pm: <b>Games:</b> Bingo [no 6/7]	
	12:30pm-04:00pm: <b>Cards:</b> 5 Crowns, Learn to play Euchre <b>NEW!</b>	
	01:00pm-02:30pm: Jewelry Making Class (2nd Friday: organized project, see front desk; 4th Friday: BYO project)	
	01:00pm-04:00pm: <b>Strategy Board Games:</b> Learn to Play Splendor; Hansa Teutonica, Arboretum, Azul...& MORE!	
	01:00pm-02:00pm: *Latin Line Dancing (6/7, 6/14, 6/21, 6/28) <b>FREE!</b>	Sponsor Dept. of Aging!
02:30pm-03:30pm: *Healthy Bones for Life—Dept. of Aging 518-884-4110 *WAITLIST ONLY*		

**CHECK THE BACK PAGE FOR TRIP INFORMATION!**

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Italian Sausage w/Peppers & Onions on Roll Orzo Pasta Spinach Banana	<b>4</b> BBQ Chicken Home Fries Vegetable Trio Whole Wheat Dinner Roll Yogurt	<b>5</b> Goulash Yellow Squash Green Beans Corn Muffin Fruit Cocktail	<b>6</b> Spanish Chicken & Rice Broccoli Warm Peach Crisp	<b>7</b> Breaded Fish w/Tarragon Sauce Oven Roasted Potatoes Peas & Carrots Mandarin Oranges
<b>10</b> Chicken w/ Lemon Sauce Orzo Pasta California Blend Vegetables Whole Wheat Dinner Roll Peaches	<b>11</b> Mushroom & Onion Smothered Beef Patty w/ Gravy Mashed Potatoes Peas & Carrots Mandarin Oranges	<b>12</b> LS Turkey & Swiss on Bun Mayonnaise Beet & Onion Salad Marinated Vegetable Salad Fruit & Nut Mix	<b>13</b> Sliced Sweet & Sour Pork Rice Pilaf Asian Blend Vegetables Pears	<b>14 Father's Day                      Special</b> Open Faced Hot Roast Beef Sandwich Mashed Potatoes Butternut Squash Frosted Chocolate Brownie 
<b>17</b> Seafood Cake w/Dijon Sauce Mashed Sweet Potatoes Beets Applesauce	<b>18</b> Bourbon Glazed Chicken Red Bliss Potatoes Vegetable Trio Whole Wheat Dinner Roll Shortbread Cookies	<b>19</b> Seafood Salad on Bun Macaroni Salad Marinated Green Beans Mandarin Oranges	<b>20</b> Turkey Meatloaf w/ Mushroom Gravy Garlic Mashed Potatoes Broccoli Peaches	<b>21</b> Beef Enchilada Casserole Green Beans Warm Berry Crisp Yogurt
<b>24</b> Garlic Parmesan Chicken Buttered Pasta Peas & Carrots WW Dinner Roll Mandarin Oranges	<b>25</b> Quiche Casserole Hash Browns Warm Peach Crisp Bran Muffin Fresh Orange	<b>26 Birthday Special</b> Meat Lasagna Zucchini & Yellow Squash Green Beans Frosted Cake 	<b>27</b> Swiss Steak w/Gravy Mashed Potatoes Spinach SF Chocolate Chip Cookies	<b>28</b> Cornflake Chicken w/Gravy Rice Pilaf Broccoli Peaches



**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!

\***Ron W. and his Ukulele Group** who entertained us at our Mother's Day Tea; to **Don W., John A., and Jack D.** who served, and to the **ladies** who made goodies to share!



\*to **OB1 Insurance** for sponsoring our May Dinner and their continued support of CPSCC; and to **SPAC's SOTA Voices** for entertaining us with a sing-along at this dinner!

\*to our **Chorus and Orchestra** for another round of great performances! We'll see you in the fall!

\*to **Stewart's Shops** for donating ice cream sundaes for a reception after our Chorus Concert; and to the **volunteer bakers** who provided treats after our Orchestra Concert!



\*to **Kirk F.** for signing up to fix members' computers and laptops once a month!

\*to **MVP** for sponsoring our Spring Qi-Gong/Tai Chi class!



\*to **CDPHP** for sponsoring our Senior Golf League!

\*to **Donna and Patti** for teaching crochet to the kids at Tesago Elementary School!

## 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 accept donations of wheelchairs, seated walkers and other items** and loan them out 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!

## 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

## 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

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



**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.*



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



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](http://Coburgvillage.com)



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

**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**



HOME CARE SERVICES

**AnchorHealth**

**Richard Levinson**  
BUSINESS DEVELOPMENT

46 Cook St.  
Brooklyn, NY 11206

☎ 518 920 3467  
☎ 718-673-9492  
✉ Richardl@anchorhc.org  
www.anchorhc.org

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



# Marshall Associates

Since 1989 Financial Professionals

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



**518-383-3739**

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

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

★  
6 Sage Court  
Clifton Park, NY 12065

*Securities and Investment Advisory Services offered through NEXT Financial Group, Inc., Member FINRA/SIPC. Tax Preparation services & Insurance products offered through Marshall Associates. None of the named entities are affiliated. NEXT Financial Group, Inc. does not offer tax advice.. v01a*

# 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)



**Bank Anywhere, Anytime.**



[capitalbank.com](http://capitalbank.com)  
(800) 836-3711

Member FDIC



**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](mailto:info@ob1insurance.com)

[ob1insurance.com](http://ob1insurance.com) [facebook.com/ob1insurance](https://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*

## A TRADITION OF SUPERIOR CARE IN *Assisted Living & Enhanced Assisted Living*

*A Choice Instead  
of a Nursing Home*

Our Enhanced Living Offers:

- Physical assistance with ambulation and transferring
- Assistance with ADL's including: bathing, showering and feeding
- Medication management and skilled nursing tasks
- Blood Glucose Monitoring
- Catheter/Foley Care



## Home of the *Good Shepherd*

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

[homeofthegoodshepherd.com](http://homeofthegoodshepherd.com)

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



**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**



It doesn't just feel like it.  
It is *home.*

At our communities, you become part of our family. And we'll be right here for you with a helping hand.

► Call us today!

**Brookdale East Niskayuna**  
Alzheimer's & Dementia Care  
2861 Troy-Schenectady Road  
Niskayuna, NY 12309  
**(518) 782-7381**

**Brookdale Niskayuna**  
Enhanced Assisted Living  
1786 Union Street  
Niskayuna, NY 12309  
**(518) 346-6935**

33264 SR

© 2020 Brookdale Senior Living, Inc. All rights reserved. BROOKDALE SENIOR LIVING and BRINGING NEW LIFE TO SENIOR LIVING are registered trademarks of Brookdale Senior Living, Inc.

Bringing New Life to Senior Living®



brookdale.com



**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**



KINGSWAY  
**HOME CARE**  
SERVICE

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

**518-382-8187**

**kingswaycommunity.com**

**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**

**LET'S STAY SAFE!**



**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

#### LAC DU SAINT SACREMENT:

**Tuesday, June 11, 2024**

Luncheon and cruise on the **WAIT LIST** on the largest cruise ship on inland waters of New York State

#### MONTREAL & QUEBEC CITY, CANADA:

**June 24-28, 2024**

Guided tours, a boat cruise, Montreal, **WAIT LIST**, Montmorency Falls, Notre Dame Basilica & more!

#### SISTER ACT @ MAC-HAYDN THEATRE:

**Wednesday, July 3, 2024**

Buffet luncheon at the Whitestone Cafe  
 High energy, uplifting tale based on the 1992 movie starring Whoopi Goldberg

#### NYC BALLET @ SPAC: Thursday, July 11, 2024

Luncheon at Hall of Springs

Experience the grand display of George Balanchine's three-part masterpiece *Jewels*

#### RAQUETTE LAKE CRUISE & GREAT CAMP SAGAMORE:

**Wednesday, August 7, 2024**

Enjoy a cruise and buffet luncheon on the W.W. Durant after exploring the historic Great Camp Sagamore on Raquette Lake

#### LAKE GEORGE DINNER THEATER:

**Tuesday, August 27, 2024**

*I Love You, You're Perfect, Now Change*; this whimsical musical revue explores the journey from dating to love to marriage, and everything in between

**SOUTH DAKOTA: September 18-24, 2024** Mount Rushmore, Crazy Horse, **WAIT LIST** Badlands National Park, Deadwood

Collette Tour!

**\*Sign up for all trips at least 30 days in advance. Arrive 15-30 minutes before all trips.**

## 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. 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.