



Clifton Park Senior Community Center NEWSLETTER

6 Clifton Common Court, Clifton Park, New York 12065 || ph: 518-383-1343

JANUARY 2025

CENTER HOURS

Monday-Friday, 9am-4pm
Closed

New Year's Day
Wednesday, January 1
MLK Day
Monday, January 20

Incident Weather Schedule

We follow the Shenendehowa School District for closings and delays. If school is closed or delayed, we follow the same schedule. Check your local news station for updates.

VOLUNTEER CORNER

Bingo caller needed!
Fridays at 12:45pm

Fashion Show Committee
Join and help us plan!
First meeting 1/15 @ 1pm

WHAT'S NEW?

We hit 1,500+ members in 2024—a CPSCC record!

Do you like to read? Come to the first Book Club meeting January 21st and help us pick our first book!

Our lobby is getting a makeover—we're installing a NEW coffee station!

Do you have pictures of members in action? Send them to Stacie at sagostino@cliftonpark.org and they could end up on (our) TV!

We have TWO great trips you can now sign up for:

Canadian Rockies,
September 2025
Southern Charm,
April 2026

As the year comes to a close, the Clifton Park Senior Community Center is stronger than ever. This is a testament to the spirit and engagement of all of you, our volunteers and hard-working staff. In December we reached the threshold of 1500 members!!

The Center has been through some difficult circumstances but has always emerged stronger than ever. In December of 2016, the Town assumed responsibility for the full operations of the Center on an emergency basis. The 620 members felt a great deal of uncertainty during this time. However, we were able to pull together and keep the facility operating.

Covid was another challenge, but once again everyone worked together to create a welcoming, safe atmosphere while following all government regulations. Today, the spirit and fellowship enjoyed by everyone who visits is a wonderful experience. We are committed to ensuring the Center continues to offer a wide selection of fun activities that offer the opportunity to learn new skills and recreational interests.

On behalf of the Town Board and our entire team at the Town of Clifton Park we wish you all a Merry Christmas and Happy Holidays! We are truly blessed to live in Clifton Park and serve all of you!!



Phil Barrett

**Town of Clifton Park, Town Supervisor
Chairman, Saratoga County Board of Supervisors**

lets RING IN the NEW YEAR!

Tuesday, January 7 @ 1pm

Party like it's 1960 with music, dancing and a bubbly toast—Go-go boots and bell-bottoms encouraged!

Sign up at the Front Desk



FASHION SHOW

LUNCHEON AT THE VISTA

PLANNING MEETING
AT THE SENIOR CENTER

Wednesday, January 15 @ 1pm

with Event Chair, Donna DiPietro

Bring your ideas as we will need many hands to once again make this show a great success!

SIGN UP AT THE FRONT DESK

Join the committee; we'll discuss vendors, models, decorations, auction items, and more.



Wednesday, January 15

11:30am-12:30pm

Bring a side dish and enjoy music and games with your friends!

*We need sweet treats, munchies and drinks, sign up at the front desk!



SENIOR SKATE

Capital Arena Ice Rink
16 Clifton Common Blvd., Clifton Park

Come and skate with other seniors
ADMISSION \$5
RENTAL INCLUDED


EVERY TUESDAY
from 11:00am
to 12:00pm

CHECK THE BACK PAGE FOR TRIP INFORMATION!

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

Fridays in January	2:00pm-4:00pm	Indoor Bocce Ball & Ping-Pong: Come and play on our indoor bocce court and ping-pong tables; equipment provided. FREE.
Tuesday, January 7	1:00pm-2:00pm	Ring in the New Year! Let's party like it's 1960 with music, dancing and a bubbly toast—go-go boots and bell-bottoms are encouraged! Bring a treat, beverage or appetizer to share. Registration required. FREE.
Wednesdays in January NEW!	1:00pm-1:45pm	*MVP Bokwa Dance Moves: Africa's answer to Zumba! A blend of dance moves to increase muscular endurance, strength and stamina Registration Required. FREE. (sponsored by )
Friday, January 10	1:00pm-2:30pm	Jewelry Making Class: Sample on display at the front desk. Join us to make lovely gifts for friends...or for yourself! Registration required. FREE. (sponsored by Dept. of Aging)
Tuesday, January 14	9:30am-11:30am	Light Mending with Patti: Drop In, Drop Off, Pick Up later; 2-3 items bagged, with your name, phone # and what needs to be mended— bring supplies if needed (buttons, etc.) No alterations. Laundered Clothing Items Only.
Wednesday, January 15	10:00am-11:30am	Cardmaking: with Donna R. Let's make cards for Valentine's Day and Spring holidays! Sample on display at the front desk. Registration required. \$2 cash supply fee.
Wednesday, January 15	11:30am-12:30pm	Pizza Party: Join your friends for a slice (or two!); we'll have games and music and fun! Bring a dessert, munchie or beverage to share. Registration required. FREE.
Wednesday, January 15	1:00pm-3:00pm	Fashion Show Planning: Bring your ideas to this first meeting to plan the 2025 Fashion Show. Registration required. FREE.
Wednesday, January 15	10:00am-1:00pm	*Alzheimer's Association Office Hours: Join Gwen from Alzheimer's Association for this monthly one-on-one session to answer your questions & provide resources. For appointment 518-888-5846.
Wednesday, January 15	1:00pm-4:00pm	*Dept. of Aging and Youth Services Office Hours: Make an appointment and bring your questions and concerns to this monthly session to see how they can help.
Tuesday, January 21	10:30am-11:30am	Book Club Intro Meeting: Come to this first meeting and help choose our first book—bring your ideas! Registration required. You will need to buy or borrow the book that is chosen.
Tuesday, January 21	1:00pm	Movie and Popcorn & Luau! we'll watch 50 First Dates (2004) a movie about a man (Adam Sandler) and a woman (Drew Barrymore) who fall in love over and over <i>and over</i> again, while we sip tropical drinks; stay to learn a hula dance! Registration required. FREE.
Thursday, January 23	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.
Monday, January 27	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
Wednesday, January 29	10:30am-11:30am	Graceful Aging: with Chuck Oakes; join in this series of discussions on topics to help us all "Age Gracefully," and of course, Chuck will do some guitar playing and singing! Registration required. FREE.

Meet your CPSCC Staff! Happily serving you for 32 combined years!



Sue Leonard
Director
Since 2017



Shirley Roberts
Clerk
Since 2006



Bill Torres
Recreation Attendant
Since 2024



Stacie Agostino
Program Coordinator
Since 2023



Johanne Shepherd
Clerk
Since 2020



Southern Saratoga Art Society proudly presents "Gentlemen's Art Exhibit" featuring artists and members of SSAS: David Mayack, Brian Skanes, Frank Coletta, John Morrette and William Daisak, during the months of January and February, 2025.

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

M O N D A Y	09:00am-10:00pm:	Tap Dance ([no 1/6, 1/13, 1/20] 1/27, 2/3, 2/10 [no 2/17] 2/24) \$20	
	09:45am-12:00pm:	Discussion Group [no 1/20]	
	10:00am-10:45am:	Jazz Dance ([no 1/6, 1/13, 1/20] 1/27, 2/3, 2/10 [no 2/17] 2/24) \$20	
	10:00am-11:00am:	Chair Yoga (1/6 [no 1/13, 1/20] 1/27) \$14	
	11:00am-12:45pm:	Beginner & Intermediate Clogging (1/6, 1/13 [no 1/20] 1/27) \$21	
	12:30pm-03:30pm:	Cards & Games: Decide as a group! [no 1/20]	
	01:00pm-02:00pm:	Ukulele Group [no 1/20]	<i>*indicates membership not required †Dept. of Aging Programs: must be 60+ and Saratoga County resident.</i>
	01:00pm-02:00pm:	Soulful Line Dance with Linda (1/6, 1/13 [no 1/20] 1/27) \$15	
	01:00pm-03:00pm:	Quilting Group [no 1/20]	
	02:30pm-03:30pm:	*†Healthy Bones for Life 518-884-4110 *WAITLIST ONLY* [no 1/20]	
T U E S D A Y	09:00am-10:00am:	Exercise to Tape	
	09:00am-11:30am:	Games: Billiards/Pool	
	09:15am-10:15am:	*Yoga w/Deanna \$5.00/wk At the Center OR <u>Join Zoom</u>	
	10:00am-12:00pm:	Cards: 5 Crowns	
	10:15am-11:15am:	QiGong with Rob (1/7, 1/14, 1/21, 1/28) \$28	
	10:30am-12:00pm:	Adult Coloring	
	11:00am-12:00pm:	Ice Skating at <i>Capital Arena</i> \$5/week pd. at ice rink, includes skates	
	11:30am-03:00pm:	* Cards: 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; 1/7, 1/21)	
W E D N E S D A Y	09:00am-10:00am:	Exercise to Tape	
	09:00am-10:00am:	Learn the Banjo	
	09:30am-11:30am:	Investment Club (2nd & 4th Wednesday; 1/8, 1/22)	
	10:00am-11:00am:	Ukulele Group	
	10:00am-12:00pm:	Cards: Intermediate Bridge	
	10:00am-12:00pm:	Memories to Memoirs (1/15, 1/29)	
	10:30am-11:30pm:	Meditation (2nd & 4th Wednesday; 1/8, 1/22) \$14	
	11:00pm-01:00pm:	*†Ping Pong	
	12:00pm-02:00pm:	Bowling at <i>Spare Time</i> \$12/week shoes, 2 games, and lunch	
	01:00pm-01:45pm:	*MVP Bokwa Dance Moves (1/8 through 3/19 [no 2/19]) FREE! NEW!	
01:00pm-04:00pm:	Knitting and Crocheting		
01:00pm-04:00pm:	Games: Poker, Mahjong—beginners welcome!		
01:30pm-02:30pm:	Country Line Dance with Linda (1/8, 1/15, 1/22, 1/29) \$15		
02:30pm-03:30pm:	*†Healthy Bones for Life 518-884-4110 *WAITLIST ONLY*		
T H U R S D A Y	09:00am-10:00am:	Exercise to Tape	
	09:00am-11:30am:	Games: Billiards/Pool	
	10:00am-11:30am:	Chorus [no 1/2, 1/9, 1/16]	
	10:00am-12:00pm:	Games: Rummikub	
	10:00am-12:00pm:	Mixed-Media Watercolors & Acrylics w/Mary F. \$6/class paid to instructor (2nd & 4th Thursday 1/9, 1/23)	
	10:15am-11:15am:	*Yoga w/Deanna \$5.00/wk At the Center OR <u>Join Zoom</u>	
	12:30pm-04:00pm:	Cards: Pinochle	
	01:00pm-02:00pm:	Photography Club (2nd & 4th Thursday, 1/9, 1/23)	
	01:00pm-04:00pm:	Games: Mahjong	
	02:00pm-04:00pm:	Indoor Pickleball (No lessons)	
F R I D A Y	09:00am-10:00am:	Tap Dance— <i>Advanced</i> ([no 1/3, 1/10, 1/17] 1/24, 1/31) \$10	
	09:00am-10:55am:	Orchestra [no 1/3]	
	09:15am-12:00pm:	Woodcarving	
	10:00am-10:45pm:	Ballet Class ([no 1/3, 1/10, 1/17] 1/24, 1/31) \$8	
	10:00am-12:00pm:	Games: Dominoes/Mexican Train	
	10:55am-12:30pm:	Big Jazz Band [no 1/3, 1/10]	
	12:30pm-04:00pm:	Cards: 5 Crowns	
	12:45pm-02:30pm:	Games: Bingo	
	01:00pm-02:00pm:	Latin Line Dancing (1/3, 1/10, 1/17, 1/24, 1/31) \$15	
	01:00pm-02:30pm:	Jewelry Making (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 & more!	
	01:30pm-04:00pm:	*†Strategic Scrabble	
	02:00pm-04:00pm:	Indoor Bocce Ball and Ping Pong	
02:30pm-03:30pm:	*†Healthy Bones for Life 518-884-4110 *WAITLIST ONLY*		

Come enjoy a day at the
Southern Saratoga YMCA
every 1st and 2nd



Wednesday of the month!
Just show your CPSCC Card!

Memories to Memoirs

Do you like to write
about your memories?
Come join us on the 1st
and 3rd Wednesdays of
each month (except Jan!).
Be ready to share.

Thank You!

*to our generous members who donated food pantry items at Breakfast with Santa and toys for Toys for Tots—'tis the season for giving!

*to our blanket makers who made 30 blankets for Toys for Tots!

*to our Breakfast with Santa sponsors...



...to the volunteers who set up and served, and to Santa himself!

*to our Jazz Band, Orchestra, and Choir for the wonderful concerts; and thank you to the bakers who brought in so many delicious homemade treats!

*to the Shen High School Choir for a wonderful holiday performance!

*to our Holiday Dinner caterers, Deets and We Do Fondue and the MANY businesses who donated gift cards and prizes!

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!

Thank you! To all of the donors who made our Holiday Dinner special:

Outback Steakhouse

610 Old Rte. 146, Clifton Park

30 Park Bistro @ Hilton Garden Inn

30 Clifton Country Rd., Clifton Park

Savemore Beverage

1512 US 9, Clifton Park

Exit 9 Wine & Liquor

9 Halfmoon Crossing, Clifton Park

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1742 US 9, Clifton Park

Spare Time

1668 US 9, Clifton Park

Rusty Nail

1781 US 9, Halfmoon

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1471 US 9, Clifton Park

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629 Plank Rd., Clifton Park

Sake Bon

15 Park Ave., Clifton Park

Harvest Moon Market

1512 US 9, Clifton Park

Parkwood Wine & Spirits

1758 US 9, Clifton Park

La Fiesta Mexican Restaurant

15 Park Ave., Clifton Park

Wheatfields

54 Crossing Blvd., Clifton Park

Red Robin Burgers

1 Halfmoon Crossing, Clifton Park

Ted's Fish Fry

1663 US 9, Clifton Park

Grecian Gardens

1612 US 9, Clifton Park

Peddlers Bar & Bistro

16 Old Rte. 9, Clifton Park

Sorrentino's Deli & Market

241 Grooms Rd., Clifton Park

Cracker Barrel

4 Tower Way, Clifton Park

Divinitea

1604 US 9, Clifton Park

Edible Arrangements

54 Crossing Blvd., Clifton Park

Jack's Liquor

1028 NY 146, Clifton Park

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231 Grooms Road

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SARATOGA COUNTY DEPARTMENT OF AGING & YOUTH SERVICES-January 2025
GATHER & DINE/HOME DELIVERED MEALS 518-363-4020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Closed 	2 Chicken Marsala Parmesan Noodles Peas WW Dinner Roll Mandarin Oranges	3 New Year's Special Ham w/Cranberry Mustard Sauce Au Gratin Potatoes Green Beans Dinner Roll Blueberry Pie 
6 Chicken and Biscuit Broccoli Butternut Squash Shortbread Cookies	7 Fiesta Meatloaf Mashed Potatoes Mixed Vegetables WW Dinner Roll Applesauce	8 Breaded Fish Tartar Sauce Home Fries Carrots Corn Muffin Fresh Orange	9 Shepherd's Pie Spinach Warm Cranberry Crunch Pears	10 Eggplant Parmesan Pasta w/Marinara Sauce Asparagus Vegetable Medley WW Dinner Roll Mandarin Oranges
13 Cubed Pork & White Bean Casserole Broccoli Warm Apple Crisp WW Dinner Roll	14 Turkey Divan Mashed Potatoes Butternut Squash WW Dinner Roll Applesauce	15 LS Ham & Swiss on Bun Mustard Three Bean Salad Marinated Carrots Mandarin Oranges	16 Meatballs In Sauce Pasta w/Sauce Vegetable Trio Yogurt	17 Beef & Broccoli Rice Pilaf Green & Wax Beans Fruit Cocktail
20 Closed 	21 Baked Chicken w/Gravy Mashed Sweet Potato Vegetable Trio WW Dinner Roll SF Chocolate Cookies	22 Birthday Special Sliced Pork w/Gravy Mashed Potatoes Beets Frosted Cake 	23 Italian Stew Egg Noodles Green Beans WW Dinner Roll SF Vanilla Pudding	24 Tuna Noodle Casserole Peas & Carrots Broccoli Corn Muffin Banana
27 Meatloaf w/Gravy Mashed Potatoes Asparagus Vegetable Medley Shortbread Cookies	28 Ranch Chicken Oven Roasted Potatoes California Blend Vegetables Corn Muffin Peaches	29 Tuna Salad on Bun Macaroni Salad Marinated Green Beans LS Potato Chips Banana	30 Beef Pot Roast w/Gravy Mashed Sweet Potatoes Mixed Vegetables Applesauce	31 Pasta Bake w/Meat Sauce Broccoli Warm Berry Crisp WW Dinner Roll

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.

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www.WiteckiLaw.com

Glenn Witecki provides in-person, free consultations, the 3rd Thursday of **every other month** at the Clifton Park Senior Center (9:00 a.m. – 12:00 p.m.), or in his office any time (evening hours available).
If you are looking for guidance beyond "standard estate planning," Glenn can help!

Glenn has been practicing law for 36 years and can help you plan by answering critical questions, including: How can I protect my house if I go into a nursing home?
He will also tell you why a properly-drafted Power of Attorney may be the most important estate planning document that you ever sign!

Call our office directly to set up an appointment. Under special circumstances home visits can be arranged.



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 Assisted Living
 518-434-4663
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 Assisted Living & Memory Care with Enhanced Services
 518-218-0506
- Peregrine Shaker**
 Assisted Living & Memory Care with Enhanced Services
 518-465-4444

peregrineseniorliving.com



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

TO: CURRENT OCCUPANT OR

Where do you want to go in 2025/26?
CLIFTON PARK SENIOR COMMUNITY CENTER

CANADIAN ROCKIES: SEPTEMBER 2025

Canadian Rockies & Glacier National Park – Get ready for an adventure that brings together the beautiful expanse of the prairies, the soaring majesty of the Canadian Rockies and the brilliance of Montana’s Glacier National Park. Our tour opens in the province of Alberta.

SOUTHERN CHARM: APRIL 2026

Southern Charm – Embrace the charming allure of America’s southeast as we explore cobblestone streets, historic homes and unspoiled coastline. Our trip opens in Charleston, South Carolina; and Georgia: Savannah, St Simons Island and Jekyll Island.

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.