



Clifton Park Senior Community Center NEWSLETTER

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

MARCH 2025

CENTER HOURS

Monday-Friday, 9am-4pm

Inclement 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.

WHAT'S NEW?

CPSCC welcomed **over 100 brand new members** since the beginning of the year—we're so happy to have new faces!

Our strong partnership with Saratoga County has allowed us to offer **more programming** at no charge to Saratoga County residents—keep an eye out for more great classes!

Do you have pictures of members having fun? Send them to Stacie to be featured on (our) TV!
SAgostino@cliftonpark.org

VOLUNTEER CORNER

Sign up at the Front Desk!
Bakers

We need sweet treats for post-concert receptions:
Friday, March 14
Friday, March 21

St. "Patties" Day Breakfast:
Set up & serve:
Weds, March 13 @ 9:00am

Front Desk, substitute
Answer the phone,
Greet members,
answer questions,
and make coffee

March DINNER

Thursday, March 20, 2025
5:00pm || \$15 Members Only

MENU prepared by *Home of the Good Shepherd*

Marinated Pork Loin
Butternut Squash Soup
Rice Pilaf & Sauteed Vegetables
Cheesecake w/Melba Sauce

Sign up begins Monday, March 3

ST. "PATTIES" DAY BREAKFAST **ONLY \$2!**

WEDNESDAY, MARCH 19 @ 10:00AM
**SAUSAGE PATTY, EGG & CHEESE SANDWICH
HASH BROWN FRESH FRUIT & JUICE**

SPACE IS LIMITED SO SIGN UP TODAY!

SPONSORED BY:

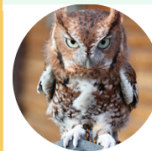


FASHION SHOW

LUNCHEON AT THE VISTA
924 Main Street, Clifton Park
Sunday, April 27, 2025
11:30am-3:30pm

Enjoy a luncheon with Door Prizes, Silent Auction and beautiful fashions from

OPEN TO THE PUBLIC! *Boscov's*
Tickets on Sale - \$50



Meet the **BIRDS of PREY**
Thursday, March 20
at 12:30pm

Meet owls, hawks and other birds and learn about their habitat, behaviors, conservation status, and natural history with **SILENT WINGS**
Raptor Rehab & Education

Registration required. Sponsored by Dept. of Aging

CHECK PAGE 4 FOR TRIP INFORMATION!

Tuesdays in March	12:30pm-4:00pm	*Learn to Play Mahjong: with Maddy. Come and find out why this tile game has been around for over 2,500 years! Registration required. FREE. (sponsored by Dept. of Aging)
Thursdays in March NEW!	2:00pm-4:00pm	*Intro to Pickleball – Lessons: on our indoor court at CPSCC; brand new players can learn the basics with an instructor: equipment, unique lingo, score keeping, court position, and the fundamentals of serve, return, and volley. Registration required. FREE (sponsored by Dept. of Aging)
Fridays in March	2:00pm-4:00pm	Indoor Bocce Ball & Ping-Pong: Come and play on our indoor bocce court and ping-pong tables; equipment provided. FREE.
Weds and Thurs March 5 & 6	10:00am-12:30pm	*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. Use our sewing machines or bring your own. Registration required, but sewing skills are not!
Wednesday, March 5	11:45am-1:00pm	Covid Shot Clinic: Sign up online HERE or at the Front Desk for an appointment. Bring your insurance card to your appointment. Registration required. FREE.
Tuesday, March 11	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.
Tuesday, March 11 NEW!	10:45am-11:45am	Just Say Yes to Fruits and Vegetables: This program educates on the importance of fruit and vegetable intake and how to find more affordable access to fresh produce. Each class consists of an interactive nutrition lesson followed by a recipe demonstration. Second Tuesday. Registration required. FREE.
Wednesday, March 12	11:00am-12:30pm	Iris Folding: with Pat T. Learn the art of Iris Folding in cardmaking; sample on display at the Front Desk. Registration required. \$4 cash supply fee.
Friday, March 14	1:00pm-2:00pm	*Orchestra Concert: with CPSCC's Orchestra on the Common; enjoy their annual Spring Concert. Reception to follow. FREE.
Friday, March 14	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, March 18 NEW!	10:30am-12:00pm	Book Club: Participate in a discussion on <i>Dopesick</i> by Beth Macy. Registration required. Books not provided. Book for April 15: <i>The Life Cycle of the Common Octopus</i> by Emma Knight
Wednesday, March 19	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 the Department can help.
Thursday, March 20	3:00pm-4:00pm	Computer Skills Tutoring: Shen High School students will guide us through the use of our phones, tablets and computers. Registration required. FREE.
Friday, March 21	1:00pm-2:00pm	*Big Band Concert: Enjoy the CPSCC's Big Jazz Band Spring Concert with special guest, Supervisor Phil Barrett! Reception to follow. FREE.
Monday, March 24	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 25 NEW!	1:00pm-3:30pm	*Cooking for One: with Gayatri. It's hard to cook a satisfying meal from scratch for just one. The biggest challenge: constant leftovers. We will learn meal prep strategy, tips to make delicious meals and some recipes...and then sample what we make! Registration required. FREE. (Sponsored by Dept. of Aging)
Wednesday, March 26	12:30pm-2:30pm	Movie & Popcorn: <i>Failure to Launch</i> (2006) Parents of a 30-something year old man (Matthew McConaughey) hire a beautiful woman (Sarah Jessica Parker) to encourage him to finally move out on his own—that's when the fun begins! Registration required. FREE.
Thursday, March 27	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.

***DEFENSIVE DRIVING COURSE:** Thursday, May 22, 9am to 4pm. \$32, check payable to *Armand Canestraro*

***Play Pickleball Indoors! @YMCA, 1 Wall Street, Clifton Park**

First two Wednesdays of the month; 12:15pm-2:45pm

4 courts—first come, first served (*YMCA membership not required; sr. center membership required*)




***Play Pickleball Outdoors! @Veterans Park (behind the Elk's Lodge)**

695 MacElroy Road, Ballston Lake; Thursdays; 2:00pm-4:00pm

12 courts—first come, first served

M O N D A Y	<p>09:00am-10:00am: Tap Dance (3/3, 3/10, 3/17, 3/24, 3/31) \$25</p> <p>09:45am-12:00pm: Discussion Group</p> <p>10:00am-10:45am: Jazz Dance (3/3, 3/10, 3/17, 3/24, 3/31) \$20</p> <p>10:00am-11:00am: Chair Yoga (3/3, [no 3/10] 3/17, 3/24, 3/31) \$28</p> <p>11:00am-12:45pm: Beginner & Intermediate Clogging (<i>Back in April!</i>)</p> <p>12:30pm-03:30pm: Cards & Games: Decide as a group!</p> <p>01:00pm-02:00pm: Ukulele Group</p> <p>01:00pm-02:00pm: <i>Modern Line Dance Fusion</i> with Mary & Frank (3/3, 3/10, 3/17, 3/24, 3/31) \$15 (formerly Soul Line Dance)</p> <p>01:00pm-03:00pm: Quilting Group</p> <p>02:30pm-03:30pm: *+Healthy Bones for Life 518-884-4110 *WAITLIST ONLY*</p>	<p>*indicates membership not required †Dept. of Aging Programs: must be 60+ and Saratoga County resident.</p>
T U E S D A Y	<p>09:00am-10:00am: Exercise to Tape</p> <p>09:00am-11:30am: Games: Billiards/Pool</p> <p>09:15am-10:15am: *Yoga w/Deanna \$5.00/wk At the Center OR <u>Join Zoom</u></p> <p>10:00am-12:00pm: Cards: 5 Crowns</p> <p>10:15am-11:15am: QiGong with Rob (3/4, 3/11, 3/18, 3/25) \$28</p> <p>10:30am-12:00pm: Adult Coloring</p> <p>11:00am-12:00pm: Ice Skating at <i>Capital Arena</i> \$5/week pd. at ice rink, includes skates</p> <p>11:30am-03:00pm: *Cards: Duplicate Bridge Group—Sanctioned \$7.00/week</p> <p>12:30pm-03:30pm: Games: Scrabble; Cards: Hand & Foot</p> <p>01:00pm-03:00pm: Open Studio Painting with Cynthia (1st & 3rd Tuesday; 3/4, 3/18)</p>	<p>Come enjoy a day at the Southern Saratoga YMCA every 1st and 2nd Wednesday of the month! Just show your CPSCC Card!</p>
W E D N E S D A Y	<p>09:00am-10:00am: Exercise to Tape</p> <p>09:00am-10:00am: Learn the Banjo</p> <p>09:30am-11:30am: Investment Club (2nd & 4th Wednesday; 3/12, 3/26)</p> <p>10:00am-11:00am: Ukulele Group</p> <p>10:00am-11:30am: *+Garden Club: Grow your own groceries! (starting 3/12)</p> <p>10:00am-12:00pm: Cards: Intermediate Bridge</p> <p>10:00am-12:00pm: Memories to Memoirs (1st & 3rd Wednesday, 3/5, 3/19)</p> <p>10:30am-11:30am: Meditation (2nd & 4th Wednesday; 3/12, 3/26) \$14</p> <p>11:00pm-01:00pm: *+Ping Pong</p> <p>12:00pm-02:00pm: Bowling at <i>Spare Time</i> \$12/week shoes, 2 games, and lunch</p> <p>12:30pm-04:00pm: Games: Mahjong—beginners welcome!</p> <p>01:00pm-01:45pm: *MVP Bokwa Dance Moves (1/8 through 3/19 [no 2/19]) FREE!</p> <p>01:00pm-02:00pm: Country Line Dance with Mary & Frank (3/5, 3/12, 3/19, 3/26) \$15 TIME CHANGE!</p> <p>02:15pm-03:15pm: *+Beginner Modern Line Dance Fusion (3/5, 3/12, 3/19, 3/26) FREE! NEW!</p> <p>01:00pm-04:00pm: Knitting and Crocheting</p> <p>01:00pm-04:00pm: Games: Poker</p> <p>02:30pm-03:30pm: *+Healthy Bones for Life 518-884-4110 *WAITLIST ONLY*</p>	<p>Memories to Memoirs</p> <p>Do you like to write about your memories? Come join us on the 1st and 3rd Wednesdays of each month. Be ready to share.</p>
T H U R S D A Y	<p>09:00am-10:00am: Exercise to Tape</p> <p>09:00am-11:30am: Games: Billiards/Pool</p> <p>10:00am-11:30am: Chorus Rehearsal</p> <p>10:00am-12:00pm: Games: Rummikub</p> <p>10:00am-12:00pm: Mixed-Media Watercolors & Acrylics w/Mary F. \$6/class paid to instructor (2nd & 4th Thursday 3/13, 3/27)</p> <p>10:15am-11:15am: *Yoga w/Deanna \$5.00/wk At the Center OR <u>Join Zoom</u></p> <p>12:30pm-04:00pm: Cards: Pinochle Games: Mahjong</p> <p>01:00pm-02:00pm: Photography Club (2nd & 4th Thursday, 3/13, 3/27)</p> <p>02:00pm-04:00pm: *+Indoor Pickleball Lessons (3/6, 3/13, 3/20, 3/27) FREE!</p>	
F R I D A Y	<p>09:00am-10:00am: Tap Dance—<i>Advanced</i> (3/7, 3/14, 3/21, 3/28) \$20</p> <p>09:00am-10:55am: Orchestra Rehearsal</p> <p>09:15am-12:00pm: Woodcarving</p> <p>10:00am-10:45am: Ballet Class (3/7, 3/14, 3/21, 3/28) \$16</p> <p>10:00am-12:00pm: Games: Dominoes/Mexican Train</p> <p>10:55am-12:30pm: Big Jazz Band Rehearsal</p> <p>12:30pm-04:00pm: Cards: 5 Crowns</p> <p>12:45pm-02:30pm: Games: Bingo [no 3/21]</p> <p>01:00pm-02:00pm: Latin Line Dancing (3/7, [no 3/14] 3/21, 3/28) \$15</p> <p>01:00pm-02:30pm: *+Jewelry Making (2nd Friday: organized project, see front desk; 4th Friday: BYO project)</p> <p>01:00pm-04:00pm: Strategy Board Games: Learn to Play Splendor, Hansa Teutonica, Arboretum, Azul & more!</p> <p>01:30pm-04:00pm: *+Strategic Scrabble</p> <p>02:00pm-04:00pm: Indoor Bocce Ball and Ping Pong</p> <p>02:30pm-03:30pm: *+Healthy Bones for Life 518-884-4110 *WAITLIST ONLY*</p>	

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Italian Stew Egg Noodles Green Beans WW Dinner Roll SF Vanilla Pudding	4 Sliced Pork w/Gravy Mashed Potatoes Peas Mandarin Oranges	5 Tuna Salad on Bun Macaroni Salad Marinated Green Beans LS Potato Chips Shortbread Cookies	6 Baked Chicken w/Gravy Mashed Sweet Potato Creamed Corn SF Chocolate Cookies	7 Vegetarian Bean Chili Beets Mixed Vegetables Corn Muffin Yogurt
10 Pasta Bake w/Meat Sauce Mixed Vegetables Warm Berry Crisp WW Dinner Roll	11 Meatloaf w/Gravy Mashed Potatoes Asparagus Vegetable Medley Applesauce	12 Ranch Chicken Oven Roasted Potatoes California Blend Vegetables Cupcake	13 Beef & Broccoli Rice Pilaf Green & Wax Beans WW Dinner Roll Fruit Cocktail	14 Breaded Fish Tartar Sauce Macaroni & Cheese Butternut Squash Mandarin Oranges
17 St. Patrick's Day Special Corned Beef & Cabbage Red Potatoes Carrots Rye Dinner Roll Green Frosted Chocolate Cupcake 	18 Chicken Florentine Mashed Potatoes Beets Cookie	19 Sliced Pork w/Mushroom Cream Sauce Mashed Potatoes Brussels Sprouts Pears	20 Swedish Meatballs Buttered Egg Noodles Broccoli WW Dinner Roll SF Chocolate Pudding	21 Tuna Noodle Casserole Peas & Carrots Creamed Corn Brownie
24 Beef Pot Roast w/Gravy Mashed Potatoes Asparagus Vegetable Medley Pears	25 LS Ham & Swiss on Bun Mustard Coleslaw Marinated Carrots Fig Cookies	26 Birthday Special  Chicken Marsala Parmesan Noodles Creamed Peas WW Dinner Roll Frosted Cake	27 Shepherd's Pie Spinach Warm Cranberry Crunch Fruit Cocktail	28 Seafood Newburg Rice Pilaf Vegetable Trio Bran Muffin Applesauce
31 Spanish Beef & Rice Casserole Broccoli Warm Peach Crisp Graham Crackers				

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!

Where do you want to go?

CLIFTON PARK SENIOR COMMUNITY CENTER

ST. PATRICK'S DAY TRIP to Gavin's Farm

Thursday, March 13, **WAIT LIST**
Lunch, a show, and more!

BRONX ZOO & BOTANICAL GARDEN

Tuesday, April 15, 2025
You choose! Visit the Bronx Zoo AND Botanical Gardens or pick just one on this trip to NYC.

OZARK JUBILEE AND 15 MEMBER BAND

Tuesday, April 29, 2025
Enjoy the great legends of country music with word class fiddler Doofus Doolittle and his hilarious routine.

'NOAH' SIGHTS & SOUNDS of Lancaster, PA

May 5-7, 2025 w/White Star Tours
Guided Amish tour, craft farm, bakeshop, Jacob's Choice presentation. Kitchen Kettle Village Miniature Horse Farm.

THE MOUNT & VENTFORT HALL

Thursday, May 29, 2025
Explore these historic mansions and learn the stories of the families who inhabited them; lunch included.

CANADIAN ROCKIES BY TRAIN

September 14-22, 2025 w/Collette Tours
British Columbia, Vancouver, Alberta, Jasper, Lake Louise, Banff, Calgary and more! Register by March 14.

CANADIAN ROCKIES & GLACIER NATIONAL PARKS

September 21-27, 2025 w/Collette Tours
Calgary, Alberta, Banff, and more!

CHRISTMAS SPECTACULAR RADIO CITY ROCKETTES

December 9-11, 2025 w/White Star Tours
Guided Lower Manhattan tour, 9/11 Museum and more!

SOUTHERN CHARM

April 7-13, 2026 w/Collette Tours
Charleston, South Carolina; and Georgia: Savannah, St. Simmons Island and Jekyll Island

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.



Southern Saratoga Art Society proudly presents a Student Art Show for the month of March featuring students from Shen High School. The artwork consists of Painting, Drawing, Mixed Media, Photography and Digital Artwork. Prizes will be awarded in several categories.

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

OFFICE HOURS

**By appointment only.*
Saratoga Co. Department of Aging:
1pm-4pm on the third Weds of each month.
Contact the Front Desk for appointment.



Alzheimer's Association:
10am-1pm on the third Weds of each month.
For appointment 518-888-5846.

Thank You!

*to Townley & Wheeler for their donation of flowers that we used to help spread *Random Acts of Kindness!*

*to Ken Blatt for bringing the melodies of love on Valentine's Day—what a great performance!

*to the Okte Elementary students who created Valentine's Day cards for our members!

*to our quilters for teaching us how to assemble a beautiful quilt!

*and CONGRATS to our SOUP-er Bowl chili cookoff winner, Patti Brennan! Get your best recipe ready for next year's competition!



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



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Witecki Law Office

8 South Church Street
 Schenectady, NY 12305
 518-372-2827
www.WiteckiLaw.com

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

Glenn has been practicing law for 36 years and can help you plan by answering critical questions, including: How can I protect my house if I go into a nursing home?

He will also tell you why a properly-drafted Power of Attorney may be the most important estate planning document that you ever sign!

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



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Good Shepherd

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Malta, NY
(518) 581-2800

MOREAU

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Moreau, NY
(518) 792-1000

SARATOGA

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"We do not offer every plan in your area. Any information we provide is limited to those plans we do offer in your area. Contact medicare.gov or 1-800-MEDICARE to get information on all of your plan options."

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Communities in the Albany Area

- Peregrine Clifton Park**
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- 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

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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 Paul Pelagalli	371-6651
Assessor Walter Smead	371-6460
Building & Development Director Wade Schoenborn	371-6702
Building & Grounds Director Dan Clemens	371-6651
Town Clerk Stephanie Ranze	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.