



# Clifton Park Senior Community Center NEWSLETTER

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

## JULY 2025

**Closed**

Independence Day  
Friday, July 4

**CENTER HOURS**

Monday-Friday, 9am-4pm

### WHAT'S NEW?

#### Art Show!

The Open Studio group of artists will be showcasing their work in the lobby for all to see. Artists: Don B., Dennis B., Anita C., Carol V., and Cynthia Whitman.

*If you would like to continue to receive the newsletter*

visit [CliftonParkNY.gov/subscribe](http://CliftonParkNY.gov/subscribe) and sign up to receive emails.

*\*Let us know if you need help signing up!*

Our **Annual Book Sale** will be Saturday, August 9th, 9am- 4pm.

Sign up at the front desk to be part of the **NEW Entertainment Committee**—help plan music and dancing *and more!*

We'll meet Tuesday July, 8 @10:30am to start planning!

Thank you to all that bring in candy for the front desk. It is greatly appreciated!

*If you're not feeling well*, we kindly ask that you stay home or wear a mask to help protect others. Masks are available in the lobby. Thank you for your understanding and care for our community!

### VOLUNTEER CORNER

*Sign up at the Front Desk!*

#### Front Desk Ambassador

Answer the phone, greet members, answer questions and make coffee

#### Open House Prep @10:00am

Help set up vendor tables  
Prep food and drinks

#### Open House Ambassador @1:00pm

Give tours & Answer questions

*Clifton Park Senior Community Center*

# Open House!

Thursday, July 31  
1:00pm - 3:00pm

*Are you a new member within the last 12 months? Not yet a member? Know someone who might like to join us?*

Come and meet some of our instructors and learn about the many programs & classes we have to offer!

**Class Demonstrations!**

**Light Refreshments!**

THANKS TO  
OUR SPONSOR:



**SIGN UP NOW!**



Registration required.

# INDEPENDENCE DAY

WEDNESDAY, JULY 9 @1PM

# Picnic!

Bring a chair and  
join us on the  
lawn to celebrate  
the Fourth!

**HAMBURGERS  
HOT DOGS  
POTATO SALAD  
WATERMELON**

*provided by*







Registration Required.

Home of the  
*Good Shepherd*

CHECK PAGE 4 FOR TRIP INFORMATION!

\*indicates membership not required

Thursdays in July	9:00am-10:00am	<b>Exercise with Carlie:</b> work out with senior-friendly exercises at your own pace with instructor, Carlie. <b>Registration required. FREE.</b> (replaces <i>Exercise to Tape</i> )
Tuesday, July 8	10:30am-11:30am	<b>Events Planning Committee:</b> what parties, dances, music, etc. would you like to see here at CPSCC? Join us to help plan; many hands make light work...and more fun! <b>Registration required.</b>
Tuesday, July 8	10:45am-11:45am	<b>Just Say Yes to Fruits and Vegetables:</b> Learn 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 (and samples!). <b>Registration required. FREE.</b> 
Wednesday, July 9	11:45am-1:15pm	<b>Farmers Market Coupons:</b> Each booklet value is \$25, good for fresh fruits and vegetables at local participating Farmers Market Vendors. <b>For more information call the Dept. of Aging 518-884-4100.</b>
Wednesday, July 9	1:00pm-2:00pm	<b>Independence Day Picnic:</b> celebrate July 4th with a BBQ from our friends at Home of the Good Shepherd, outdoor games, and (hopefully) lots of sunshine! <b>Registration required. \$4 cash fee.</b> 
Thursday, July 10	10:30am-11:30am	<b>On Your Feet and Independent; a Fall Prevention Program with Albany Med;</b> continue to live active, healthy, and independent lives with these small changes in everyday living to reduce the number and severity of falls; learn risk factors and how to avoid them, and what to do after a fall. Let's prevent injury! <b>Registration required. FREE.</b>
Friday, July 11 & 25	1:00pm-2:30pm	<b>*Jewelry Making Class:</b> Sample on display at the front desk. Join us to make lovely gifts for friends...or for yourself! <b>Registration required. FREE.</b> (sponsored by Dept. of Aging)
Tuesday, July 15	10:30am-12:00pm	<b>Book Club:</b> Participate in a discussion on <i>The Women</i> by Kristin Hannah. Books not provided. For August 19: <i>My Dear Hamilton</i> by Stephanie Dray and Laura Kamoie.
Tuesday, July 15	12:00pm-12:30pm	<b>*Gather &amp; Dine Taco Tuesday:</b> a fun and different! Saratoga County Department of Aging lunch at CPSCC. Registration starts 7/7 and ends by noon 7/14; sign up with the kitchen.
Wednesday, July 16	9:00am-12:00pm	<b>*Alzheimer's Association Office Hours:</b> 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, July 16	1:00pm-4:00pm	<b>*Dept. of Aging and Youth Services Office Hours:</b> Make an appointment and bring your questions and concerns to this monthly session to see how the Department can help.
Thursday, July 24	10:30am-11:30am	<b>A TRUE Tale of Espionage:</b> from CPSCC and retired US Air Force member Norm Miller; in the late 1980s, while on what was supposed to be a simple goodwill mission to Latvia, Miller found himself caught in a real-life spy drama. Targeted by the KGB for abduction, he had to be hidden, smuggled to Estonia, and spirited across the Baltic Sea to safety. Come and hear his gripping story! <b>Registration required. FREE.</b>
Thursday, July 24	1:30pm-3:30pm	<b>*Musical Jam Session with Chuck Oakes:</b> Whether you play an instrument or just want to listen; if you enjoy acoustic music stop by on the <b>Fourth Thursday. FREE.</b>
Friday, July 25	11:30am-4:30pm	 <b>*Blood Drive:</b> with the American Red Cross; reserve your spot at <a href="http://www.redcrossblood.org">www.redcrossblood.org</a> and save a life!
Monday, July 28	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, July 31	1:00pm-3:00pm	<b>*Open House:</b> New and prospective members come and learn about the many programs and classes we have to offer; we will have demonstrations and light refreshments <b>Registration required. FREE</b> (sponsored by Peregrine Senior Living) 
Wednesday, August 6	TBD	<b>*Your Home or the Nursing Home?</b> Estate and care planning for successful aging; learn more about protecting your independence, preserving your assets, and securing the care you deserve. Lunch provided. <b>Registration required. FREE.</b>
Thursday, August 7	9:00am-4:00pm	<b>*Defensive Driving Course:</b> Thursday, August 7, 9am to 4pm. \$32, check payable to <i>Armand Canestraro</i>
Summer 2025 Dates: TBD	TBD	<b>*Pickleball Skills and Drills:</b> coaching sessions for all levels at Veterans Park focusing on improving fundamentals, strategy, and court movement in a supportive, inclusive setting. <b>FREE.</b> (sponsored by US Senior Pickleball and the Southern Saratoga YMCA)

**\*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)

**To Love a Child**  
A SERVICE PROJECT  
Crafting reusable menstrual pads for girls around the world who lack access.

### WE NEED SUPPLIES


To date we've made over 600 reusable pads for girls in need. We're using the summer to replenish our supplies and can use your help!



Scan the code to find the PUL (Poly Urethane Laminate) Fabric we need\*.

\*Hobby Lobby. white Babyville PUL Fabric, \$7.99/yard; must be ordered online.

**Sign up for most classes begins one week before the class starts. Class size might be limited.**

<b>M O N D A Y</b>	<p>09:00am-10:00am: *+Tap Dance (7/7, 7/14, 7/21, 7/28) <b>FREE!</b></p> <p>09:45am-12:00pm: Discussion Group</p> <p>10:00am-10:45am: *+Jazz Dance (7/7, 7/14, 7/21, 7/28) <b>FREE!</b></p> <p>10:00am-11:00am: Chair Yoga (7/7, 7/14, 7/21, 7/28) <b>\$28 TIME CHANGE!</b></p> <p>10:00am-12:00pm: Bocce Ball—<i>Outdoor</i></p> <p>11:00am-01:00pm: Beginner &amp; Intermediate Clogging <i>back in September!</i></p> <p>12:30pm-03:30pm: <b>Games:</b> Decide as a group!</p> <p>01:00pm-02:00pm: Ukulele Group <i>back in August!</i></p> <p>01:00pm-02:00pm: Modern Line Dance Fusion with Linda (7/7, 7/14, 7/21, 7/28) <b>\$15</b></p> <p>01:00pm-03:00pm: Quilting Group</p> <p>02:30pm-03:30pm: *+Healthy Bones for Life 518-884-4110 *<b>WAITLIST ONLY*</b></p>	<p><i>*indicates membership not required</i>  <b>+Dept. of Aging Programs:</b> must be 60+ and Saratoga County resident.</p>
<b>T U E S D A Y</b>	<p>09:00am-10:00am: Exercise to Tape</p> <p>09:00am-11:30am: <b>Games:</b> Billiards/Pool</p> <p>09:15am-10:15am: *Yoga w/Deanna <b>\$5.00/wk.</b> At the Center OR <b>Join Zoom</b></p> <p>10:00am-12:00pm: <b>Cards:</b> 5 Crowns</p> <p>10:15am-11:15am: QiGong with Rob (7/1, 7/8, 7/15, 7/22, 7/29) <b>\$35</b></p> <p>10:30am-12:00pm: Adult Coloring</p> <p>11:00am-12:00pm: Ice Skating at <i>Capital Arena</i> <b>\$5/week pd. at ice rink,</b> includes skates</p> <p>11:30am-03:00pm: *<b>Cards:</b> Duplicate Bridge Group—Sanctioned <b>\$7.00/week</b></p> <p>12:30pm-03:30pm: <b>Games:</b> Beginner Mahjong, Scrabble; <b>Cards:</b> Hand &amp; Foot;</p> <p>01:00pm-03:00pm: <b>Games:</b> Poker <b>NEW!</b> <b>Creative:</b> Open Studio Painting with Cynthia (1st &amp; 3rd Tuesday; 7/1, 7/15)</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> 
<b>W E D N E S D A Y</b>	<p>09:00am-10:00am: Exercise to Tape</p> <p>09:30am-12:00pm: Investment Club (2nd &amp; 4th Wednesday; 7/9, 7/23)</p> <p>10:00am-11:00am: Ukulele Group</p> <p>10:00am-11:30am: *+Garden Club: <i>Grow your own groceries!</i></p> <p>10:00am-12:00pm: <b>Cards:</b> Intermediate Bridge; <b>Creative:</b> Memories to Memoirs (1st &amp; 3rd Wednesday, 7/2, 7/16)</p> <p>10:30am-11:30am: Meditation (2nd &amp; 4th Wednesday; 7/9, 7/23) <b>\$14</b></p> <p>11:00pm-01:00pm: *+Indoor Ping Pong</p> <p>12:00pm-02:00pm: Bowling at <i>Spare Time</i></p> <p>12:30pm-04:00pm: <b>Games:</b> Mahjong</p> <p>01:00pm-04:00pm: <b>Games:</b> Poker; <b>Creative:</b> Knitting and Crocheting</p> <p>01:30pm-02:30pm: Country Line Dance with Linda (7/2, 7/9, 7/16, 7/23, 7/30) <b>\$15</b></p> <p>02:30pm-03:30pm: *+Healthy Bones for Life 518-884-4110 *<b>WAITLIST ONLY*</b></p>	<p><b>Memories to Memoirs</b>  <i>Do you like to write about your memories? Come join us on the 1st and 3rd Wednesday of each month. Be ready to share.</i></p>
<b>T H U R S D A Y</b>	<p>08:00am-10:00am: Golf League at Barney Road Golf Course; <b>\$12/week</b></p> <p>09:00am-10:00am: Exercise with Carlie <b>FREE!</b> (formerly <i>Exercise to Tape</i>)</p> <p>09:00am-11:30am: <b>Games:</b> Billiards/Pool</p> <p>10:00am-12:00pm: <b>Games:</b> Rummikub</p> <p>10:00am-12:00pm: Mixed-Media Watercolors &amp; Acrylics w/Mary F. <b>\$6/class</b> paid to instructor (2nd &amp; 4th Thursday, 7/10, 7/24)</p> <p>10:15am-11:15am: *Yoga w/Deanna <b>\$5.00/wk</b> At the Center OR <b>Join Zoom</b></p> <p>12:30pm-04:00pm: <b>Cards:</b> Pinochle <b>Games:</b> Mahjong</p> <p>01:00pm-02:00pm: Photography Club (2nd &amp; 4th Thursday, 7/10, 7/24)</p> <p>02:00pm-04:00pm: *+Open Indoor Pickleball at the center—in inclement weather *call 518-383-1343 for confirmation</p> <p>02:00pm-04:00pm: *+Open Outdoor Pickleball at Veterans Park <b>FREE!</b></p>	
<b>F R I D A Y</b>	<p>09:00am-10:00am: *+Tap Dance—<i>Advanced</i> ([no 7/4] 7/11, 7/18, 7/25) <b>FREE!</b></p> <p>09:15am-12:00pm: Woodcarving [no 7/4]</p> <p>10:00am-10:45am: *+Ballet Class ([no 7/4] 7/11, 7/18, 7/25) <b>FREE!</b></p> <p>10:00am-12:00pm: <b>Games:</b> Dominoes/Mexican Train; Bocce Ball—<i>Outdoor</i> [no 7/4]</p> <p>12:30pm-04:00pm: <b>Cards:</b> 5 Crowns [no 7/4]</p> <p>12:45pm-02:30pm: <b>Games:</b> Bingo [no 7/4]</p> <p>01:00pm-02:00pm: *+Latin Line Dancing ([no 7/4] 7/11, 7/18, [no 7/25]) <b>FREE!</b></p> <p>01:00pm-02:30pm: *+Jewelry Making (2nd Friday: <i>organized project, see front desk; 4th Friday: BYO project</i>)</p> <p>01:30pm-04:00pm: *+Strategic Scrabble [no 7/4]</p> <p>02:00pm-04:00pm: <b>Games:</b> Bocce Ball, Ping Pong, and Cornhole <b>NEW!</b> [no 7/4]</p> <p>02:30pm-03:30pm: *+Healthy Bones for Life 518-884-4110 *<b>WAITLIST ONLY*</b> [no 7/4]</p>	

**OFFICE HOURS** \*By appointment only.




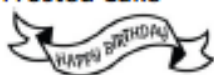



**Saratoga Co. Department of Aging:**  
 1pm-4pm on the third Weds of each month.  
 Contact the Front Desk for appointment.

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



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

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Tuna Salad on Bun Macaroni Salad Tomato & Cucumber Salad LS Potato Chips Peaches	<b>2 July 4 th Special</b> Hot Dog on Bun  Mustard Baked Beans Warm Potato Salad Frosted Patriotic Cake	<b>3</b> Chicken w/Curry Cream Sauce Rice Pilaf Spinach WW Dinner Roll Applesauce	<b>4 Closed</b> 
<b>7</b> Vegetable Lasagna Asparagus Vegetable Medley Creamed Corn Fruit & Nut Mix	<b>8</b> Sliced Roast Pork w/Gravy Mashed Potatoes Brussels Sprouts Pears	<b>9</b> Chicken Divan Orzo Pasta Carrots WW Dinner Roll Fruit Cocktail	<b>10</b> Spinach Rice Cheese Bake Warm Three Bean Salad Beets Corn Muffin Applesauce	<b>11</b> Egg Salad on Bun Pea Salad Carrot Raisin Salad Brownie
<b>14</b> Italian Sausage w/Peppers & Onions on Roll Mixed Vegetables Beans & Greens Applesauce	<b>15</b> BBQ Chicken Home Fries Vegetable Trio WW Dinner Roll Shortbread Cookies	<b>16</b> Seafood Salad on Bun Macaroni Salad Three Bean Salad Peaches	<b>17</b> Goulash Yellow Squash Green Beans Corn Muffin Yogurt	<b>18</b> Beef & Broccoli Rice Pilaf Asparagus Vegetable Medley Peaches
<b>21</b> Chicken w/ Lemon Sauce Orzo Pasta California Blend Vegetables WW Dinner Roll Peaches	<b>22</b> Mushroom& Onion Smothered Beef Patty w/ Gravy Mashed Potatoes Beets Mandarin Oranges	<b>23</b> LS Ham & Swiss on Bun Mustard Potato Salad Tomato & Cucumber Salad Applesauce	<b>24</b> Chicken Bacon Mac & Cheese Broccoli Butternut Squash Yogurt	<b>25</b> Turkey Tetrizzini Brussels Sprouts Mixed Vegetables WW Dinner Roll Fig Cookies
<b>28</b> Seafood Cake w/Dijon Sauce Mashed Sweet Potatoes Beets Mandarin Oranges	<b>29</b> Chicken Salad on Bun Pea Salad Marinated Vegetable Salad SF Chocolate Pudding	<b>30 Birthday Special</b> Stuffed Shells w/Meat Sauce Vegetable Trio Warm Peach Crisp Frosted Cake 	<b>31</b> Turkey Meatloaf w/ Mushroom Gravy Garlic Mashed Potatoes Broccoli Peaches	<b>SARATOGA                      COUNTY FAIR</b>  <b>JULY 22-27</b>

**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 \$10 fee for guests under the age of 60. Please make checks payable to: **Mazzone Hospitality LLC, and mail to 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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## Where do you want to go?

**CLIFTON PARK SENIOR COMMUNITY CENTER**

**NYC Ballet 'Robbins, Balanchine & Peck',** and luncheon

WAIT LIST

Hall of Springs - Fri. July 11

**A Bronx Tale,** MacHaydn Theatre

WAIT LIST

lunch at the Whitestone Café - Thurs. July 17

**Big Band Swing,** Lobster Fest at the Log Cabin

WAIT LIST

Holyoke, MA - Wed. Aug. 13

**60's Rock n Roll Show** w/Comedy & Music Lunch and a show; Riverview Inn, PA - Thurs. Aug. 21

**Classic Venetian Experience;** authentic gondola boat ride, Italian lunch, Historic Federal Hill & more

Providence, RI - Tues. Sept. 9

**Canadian Rockies by Train** w/Collette

Sept. 14-22

**Canadian Rockies & Glacier National Parks** w/Collette

DATE CHANGE

Sept. 19-25

**Lake George Dinner Theatre** "Incident at Our Lady of Perpetual Help" - Thurs. Oct. 2

**Oktoberfest** Wedding of Frieda & Fritz

Riverview Inn - Thurs. Oct. 16

**Christmas Spectacular** Radio City Rockettes

w/White Star - Dec. 9-11

**Southern Charm,** Charleston, SC; Georgia: Savannah, St

Simmons Island & Jekyll Island w/Collette

April 7-13, 2026

## 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!



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## Thank You!

\*to Home of the Good Shepherd for helping us celebrate National Cheese Day!



\*to CDPHP for sponsoring a delicious evening picnic, and to DJ Ernie-Tri City Illusions for the entertainment!

\*to our Big Jazz Band and Supervisor Barrett for another great concert, and to all of the bakers who brought treats to enjoy afterward!

\*to Sorrentino's Deli for providing the "dogs", to Peregrine for providing the cornhole game, and to the



ladies who brought in food for our Dads & Dogs Father's Day celebration!

\*to Saratoga County Department of Aging for sponsoring the hilarious Controlled Chaos Improv Comedy troupe!



## Seniors Love Eddy Senior Living

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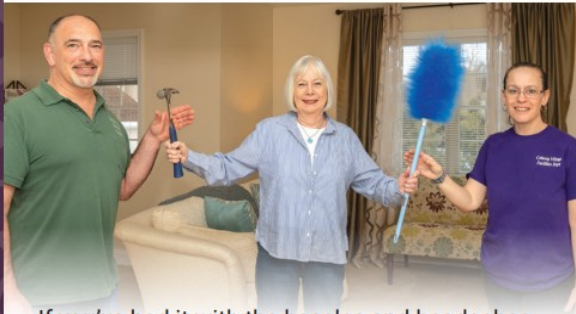
Embracing long term memories  
Enriching mind, body, and spirit  
Empowering our residents to thrive the Peregrine Way®

### 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  
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- 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

SET **YourselF** FREE...



If you've had it with the hassles and headaches of maintaining your home, it's time to set yourself free. Coburg Village offers maintenance-free, 55+ living in a warm, welcoming community. We've thought of everything, so you can live your best life!

**No buy-in  
or entry fee.**



**Schedule your tour today.**

**(518) 371-5000 | [coburgvillage.com](http://coburgvillage.com)**

One Coburg Village Way, Rexford, New York 12148

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Phone: 518-371-8771 [Ravenswoodpub.com](http://Ravenswoodpub.com)

Email: [ravenswoodpub@outlook.com](mailto:ravenswoodpub@outlook.com)



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

**518-382-8187**

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



**Many senior living residences stand alone.**

**KingswayCommunity stands out.**

Kingsway Community's full continuum of care - offered on one campus and backed by a national reputation for excellence - provides peace of mind for seniors and their families. From secure, maintenance-free independent living, to assistance with daily activities and medications, to restorative therapy and long term care, our exceptional team of professionals provide compassion, respect and dignity for each individual and a seamless transition as needs change.

**That's the Kingsway difference.**

**518-393-8800**

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

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



**Witecki Law Office**

8 South Church Street  
Schenectady, NY 12305

518-372-2827

[www.WiteckiLaw.com](http://www.WiteckiLaw.com)

Glenn Witecki provides in-person, free consultations, the 3rd Thursday of **every other month** at the Clifton Park Senior Center (9:00 a.m. – 12:00 p.m.), or in his office any time (evening hours available).

**If you are looking for guidance beyond "standard estate planning,"**

**Glenn can help!**

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

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

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

# 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



**OB1 Insurance**  
15 Clifton Country Rd  
Clifton Park, NY 12065

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A local insurance agency focused on Seniors since 2009. Experience since 1989.

OB1 offers free in person appointments at their office or in the comfort of your own home

Whether you want a comprehensive consultation about your Medicare Insurance or simply want to explore your plan options OB1 can help! OB1 offers many of the carriers available and has been satisfying thousands of people's Medicare needs in the Capital Region for many years. OB1's agents are annually trained on Medicare, experienced, friendly, knowledgeable, dependable, and professional.

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- "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 -

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info@ob1insurance.com

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

Not affiliated or endorsed by the Federal Medicare Program

## A TRADITION OF SUPERIOR CARE IN

# Assisted Living & Enhanced Assisted Living

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Our Enhanced Living Offers:

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

## Home of the Good Shepherd

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

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

**TO: CURRENT OCCUPANT OR**



The Southern Saratoga Art Society proudly presents an exhibit by Mechanicville artist and SSAS member, Jane Morrison, to be shown in the Gallery at the Clifton Park Senior Community Center during the months of June and July, 2025.

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

## 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:	<a href="mailto:pbarrett@cliftonpark.org">pbarrett@cliftonpark.org</a>
Deputy Supervisor Anthony F. Morelli:	<a href="mailto:amorelli@cliftonpark.org">amorelli@cliftonpark.org</a>
Councilman Zabed Manir:	<a href="mailto:zmanir@cliftonpark.org">zmanir@cliftonpark.org</a>
Councilwoman Agatha Reid:	<a href="mailto:areid@cliftonpark.org">areid@cliftonpark.org</a>
Councilwoman Lynda M. Walowit:	<a href="mailto:lwalowit@cliftonpark.org">lwalowit@cliftonpark.org</a>

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.