



Clifton Park Senior Community Center **NEWSLETTER**

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

AUGUST 2025

CENTER HOURS
Monday-Friday, 9am-4pm

WHAT'S NEW?

If you would like to continue to receive the newsletter visit CliftonParkNY.gov/subscribe and sign up to receive emails.
**Let us know if you need help signing up!*

We started a **NEW Entertainment Committee**—join us and help plan music and dancing *and more!*
August 19 @9:30am

Did you know: we make, fill and mail hundreds of stockings to soldiers every year? We need **red and green felt** for this year's stockings; donate at the Front Desk through August and September!

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!

Take a walk down memory lane! We have photo albums of members past and present—check out the pictures, see if you recognize anyone, and take them home with you!

OFFICE HOURS:
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.

VOLUNTEER CORNER

Sign up at the Front Desk!

Labor Day Potluck Set Up
Thursday, August 28 @ 11am

Front Desk Ambassador
Answer the phone, greet members, answer questions and make coffee

LABOR DAY Potluck!

OUTDOOR EVENT & SESSION JAM 1:30PM W/CHUCK OAKES

Thursday 8/28 | 12:00PM | FREE!

Bring a side dish, dessert or drink to share!

Hot Dogs/Burgers provided

Registration required Sign up begins Friday, August 1

CPSCC CELEBRATES LOCAL HISTORY

200th Anniversary of the Erie Canal "The Nation's First Superhighway"

Celebrating 200 years join the Saratoga County Historian's Office to learn more about the Region's role in the history of the canal.
Friday, August 29 @ Time TBD

CLIFTON PARK SENIOR CENTER **BOOK SALE!**

SATURDAY, AUGUST 9 @ 9AM TO 4PM



OPEN TO THE PUBLIC Join us for our Annual Book Sale; thousands of books for sale!

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

*From 3pm to 4pm: 10¢/item

CHECK PAGE 4 FOR TRIP INFORMATION!

*indicates membership not required


Mondays in August	9:00am-9:45am	*Breathwork: with Rita A. Learn how to relax your mind and body and open your lungs with this seated practice; come if you struggle with sleeping, relaxing or anxiety. Registration required. FREE. (sponsored by Dept. of Aging)
Tuesdays in August	1:00pm-3:30pm	Chess: with Rich M. All are welcome from novice to master, join in! Registration required. FREE.
Tuesday, August 5	10:45am-11:45am	Just Say Yes to Fruits and Vegetables: 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!). Registration required. FREE. 
Thursday, August 7	9:00am-4:00pm	*Defensive Driving Course: Thursday, August 7, 9am to 4pm. \$32, check payable to Armand Canestraro
Friday, August 8 & 22	1:00pm-2:30pm	*Jewelry Making Class: finish up that W.I.P. (Works In Progress) or start something new! We have the tools you'll need. Registration required. FREE. (sponsored by Dept. of Aging)
Thursday, August 14	12:30pm-1:30pm	Pizza & Trivia: enjoy a slice (or two!) while we test our knowledge of current and past events, celebrities, sports, music and fun facts. Sponsored by OB1 Insurance. Registration required—space is limited. FREE. 
Friday, August 15, 22, 29	10:00am-12:00pm	*Learn to Play Mexican Train Dominoes: a strategic game where players aim to be the first to play all their dominoes by building trains. Registration required. FREE. (sponsored by Dept. of Aging)
Tuesday, August 19	10:30am-12:00pm	Book Club: Participate in a discussion on <i>My Dear Hamilton</i> by Stephanie Dray and Laura Kamoie. Books not provided. For September 16: <i>Heartwood</i> by Amity Gaige.
Wednesday, August 20	9:00am-12:00pm	*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, August 20	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, August 21	11:30am-1:00pm	Lunch & Learn: Financial Wellness Workshop with Edward Jones: Local agents bring a meal and financial literacy to help us plan for our futures. Registration required. FREE.
Friday, August 22	10:30am-11:30am	Hope in Every Story: Tales That Inspire with award-winning storyteller Kate Dudding; some of these heartwarming stories are about the kindness of strangers, others are personal stories. Kate, a CPSCC member, has been sharing stories since 1995, specializing in stories of real people who made a difference. KateDudding.com. Registration required. FREE.
Monday, August 25	2:30pm-4:00pm	*Living with a Loss: with Mary Beth Bradshaw, LMSW: Community Hospice: Drop-in Program. There is no timetable for grieving; people grieve in their own way and heal at their own pace. You have the opportunity to talk about your loss and share your story with others with similar losses. Learn the signs of grief, self-care, & coping strategies. FREE.
Thursday, August 28	12:00pm-1:30pm	Labor Day Potluck: bring a dish or drink to share, and bring a chair as we celebrate the *unofficial* end of another great summer! This event will be held outdoors; Chuck Oakes jam session to follow. Registration required—space is limited. FREE.
Thursday, August 28	1:30pm-3:30pm	*Musical Jam Session with Chuck Oakes: Whether you play an instrument or just want to listen; if you enjoy acoustic music stop by on the Fourth Thursday. FREE.
Friday, August 29	TBA	Celebrating 200 Years: with the Saratoga County Historian's Office; learn about the role the region played in major historic milestones: the creation of the Erie Canal 200 years ago and the Battle of Saratoga 250 years ago. Registration required. FREE.
Tuesdays in September	1:00pm-3:30pm	Learn to Play AZUL: Try this strategic, tile laying board game that is easy to learn with beautiful playing pieces. Registration required—space is limited. FREE.
Fridays in September	11:00am-11:45am	Aging Backwards: w/Carlie; learn gentle exercises designed to feel healthier as we age; increase your range of motion, improve overall strength, improve posture and energy. Registration required. FREE.

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.



Landscape artist Frank Coletta will be showing a collection of his new drawings and paintings. His art works depict the beauty of the Hudson River Valley. Mr. Coletta is known for his ability to capture the beauty of the iconic geography of the Adirondack area.

Viewing of artwork will be Monday thru Friday (afternoons): 518-383-1343. SouthernSaratogaArtist.com



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

M O N D A Y	<p>09:00am-10:00am: Tap Dance <i>back in September!</i></p> <p>09:45am-12:00pm: Discussion Group</p> <p>10:00am-10:45am: Jazz Dance <i>back in September!</i></p> <p>10:00am-11:00am: Chair Yoga (8/4, 8/11, 8/18, 8/25) \$28</p> <p>10:00am-12:00pm: Bocce Ball—<i>Outdoor</i></p> <p>11:00am-01:00pm: Beginner & Intermediate Clogging <i>back in September!</i></p> <p>12:30pm-03:30pm: Games: Decide as a group!</p> <p>01:00pm-02:00pm: Ukulele Group</p> <p>01:00pm-02:00pm: *+Modern Line Dance Fusion with Linda (8/4, 8/11, 8/18, 8/25) FREE!</p> <p>01:00pm-03:00pm: Quilting Group <i>back in September!</i></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 Join Zoom</p> <p>10:00am-12:00pm: Cards: 5 Crowns</p> <p>10:15am-11:15am: QiGong with Rob (8/5, 8/12, 8/19, 8/26) \$28</p> <p>10:30am-12:00pm: Adult Coloring</p> <p>11:00am-12:00pm: *Ice Skating at Capital Arena \$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: Beginner Mahjong, Scrabble; Cards: Hand & Foot;</p> <p>01:00pm-03:00pm: Games: Poker NEW! Creative: Open Studio Painting with Cynthia (1st & 3rd Tuesday; 8/5, 8/19)</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>09:30am-12:00pm: Investment Club (2nd & 4th Wednesday; 8/13, 8/27)</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: Cards: Intermediate Bridge; Creative: Memories to Memoirs (1st & 3rd Wednesday, 8/6, 8/20)</p> <p>10:30am-11:30am: Meditation (2nd & 4th Wednesday; 8/13, 8/27) \$14</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: Games: Mahjong</p> <p>01:00pm-04:00pm: Games: Poker; Creative: Knitting and Crocheting</p> <p>01:30pm-02:30pm: *+Country Line Dance with Linda (8/6, 8/13, 8/20, 8/27) FREE!</p> <p>02:30pm-03:30pm: *+Healthy Bones for Life 518-884-4110 *WAITLIST ONLY*</p>	<p>Memories to Memoirs Do you like to write about your memories? Come join us on the 1st and 3rd Wednesday of each month. Be ready to share.</p>
T H U R S D A Y	<p>08:00am-10:00am: Golf League at Barney Road Golf Course; \$12/week</p> <p>09:00am-10:00am: Exercise with Carlie FREE! (formerly Exercise to Tape) [no 8/7]</p> <p>09:00am-11:30am: Games: Billiards/Pool</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—<i>back in September!</i></p> <p>10:15am-11:15am: *Yoga w/Deanna \$5.00/wk At the Center OR Join Zoom</p> <p>12:30pm-04:00pm: Cards: Pinochle Games: Mahjong</p> <p>01:00pm-02:00pm: Photography Club (2nd & 4th Thursday, 8/14, 8/28)</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 FREE!</p>	
F R I D A Y	<p>09:00am-10:00am: Tap Dance—<i>Advanced; back in September!</i></p> <p>09:15am-12:00pm: Woodcarving</p> <p>10:00am-10:45am: Ballet Class <i>back in September!</i></p> <p>10:00am-12:00pm: Games: Dominoes/Mexican Train; Bocce Ball—<i>Outdoor</i></p> <p>12:30pm-04:00pm: Cards: 5 Crowns</p> <p>12:45pm-02:30pm: Games: Bingo</p> <p>01:00pm-02:00pm: *+Latin Line Dancing (8/1, [no 8/8] 8/15, 8/22, 8/29) FREE!</p> <p>01:00pm-02:30pm: *+Jewelry Making (2nd Friday: organized project, see front desk; 4th Friday: BYO project) FREE!</p> <p>01:30pm-04:00pm: *+Strategic Scrabble</p> <p>02:00pm-04:00pm: Games: Bocce Ball, Ping Pong, and Cornhole NEW!</p> <p>02:30pm-03:30pm: *+Healthy Bones for Life 518-884-4110 *WAITLIST ONLY*</p>	

***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
 695 MacElroy Road, Ballston Lake; Thursdays; 2:00pm-4:00pm
 10 courts—first come, first served

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Beef Enchilada Casserole Zucchini & Tomatoes Corn Muffin Warm Berry Crisp
4 Chicken Cacciatore Pasta w/Sauce Green Beans WW Dinner Roll Fruit Cocktail	5 Breaded Fish Tartar Sauce Macaroni & Cheese Brussels Sprouts Mandarin Oranges	6 Swiss Steak w/Gravy Mashed Potatoes Spinach Fig Cookies	7 Quiche Casserole Hash Brown Potatoes Warm Peach Crisp Bran Muffin Applesauce	8 LS Turkey & Swiss on Bun Mayonnaise Coleslaw Tomato & Cucumber Salad Brownie
11 Pulled BBQ Pork on Roll Mixed Vegetables Carrots Mandarin Oranges	12 Orange Ginger Chicken Rice Pilaf Asian Blend Vegetables WW Dinner Roll Yogurt	13 Egg Salad on Bun Pasta Salad Beet & Onion Salad Shortbread Cookies	14 Beef Pot Roast w/Gravy Mashed Potatoes Broccoli Pears	15 Stuffed Shells w/Meat Sauce Vegetable Trio Warm Peach Crisp Fruit & Nut Mix
18 Chicken Divan Rice Pilaf Carrots WW Dinner Roll Fruit Cocktail	19 Roast Pork w/Gravy Mashed Potatoes Spinach Applesauce	20 Turkey Salad on Bun Macaroni Salad Tomato & Cucumber Salad LS Potato Chips Yogurt	21 Spinach Rice Cheese Bake Mixed Vegetables Beets Corn Muffin Mandarin Oranges	22 Hamburger Patty w/Sauteed Onions on Bun Ketchup Home Fries California Blend Vegetables SF Chocolate Pudding
25 Italian Sausage w/Peppers & Onions on Roll Mixed Vegetables Beans & Greens Applesauce	26 BBQ Chicken O'Brien Potatoes Vegetable Trio WW Dinner Roll Yogurt	27 Birthday Special Beef Pepper Steak Rice Pilaf Asparagus Vegetable Medley Frosted Cake 	28 Spanish Chicken & Rice Brussels Sprouts Warm Peach Crisp Graham Crackers	29 Seafood Salad Pasta Salad Marinated Vegetable Salad Corn Muffin Fruit Cocktail

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

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



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*to Home of the Good Shepherd for helping us celebrate *Home of the Good Shepherd* Independence Day!



*to Peregrine Senior Living for sponsoring our Open House and helping us welcome new members!

*to our Open House Volunteers who set up, gave tours, and answered questions!

*to Saratoga Co. Dept. of Aging for bringing Farmer's Market coupons worth \$25 in fresh fruits and vegetables!

*to everyone who is donating PUL (poly urethane laminate) fabric for our monthly To Love a Child Project! *(we are still collecting!)*

*to Blood Donors who donated during our Red Cross blood drive—every drop counts!




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- Peregrine Colonie**
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Assisted Living
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homeofthegoodshepherd.com



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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.

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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.



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

TO: CURRENT OCCUPANT OR

Services for You

• **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 Dept. of 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! • **Do You have old prescription medications** and are not sure what to do with them? Stop in at the Center to pick up a DETERRA drug deactivation system provided by NYS.

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.