



Clifton Park Senior Community Center NEWSLETTER

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

SEPTEMBER 2025

Closed

Labor Day

Monday, September 1

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!*

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!

WANTED: old clean towels to help Bill keep our Senior Center clean; bring in and drop off at the Front Desk.

Did you know: we have a suggestion box in our lobby! Drop your thoughts, comments, and suggestions in the box below the lobby TV.

OFFICE HOURS

3rd Wednesday of the month
Saratoga Co. Department of Aging
1pm-4pm, *contact the Front Desk for appointment.*

Alzheimer's Association
10am-1pm, *for appointment call 518-888-5846.*

VOLUNTEER CORNER

Sign up at the Front Desk!

Dinner set up & serve
Wednesday, Sept. 17 @3:30pm

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

Bingo Caller
Fridays @12:45pm



SEPTEMBER DINNER

WEDNESDAY, SEPTEMBER 17 @5:00PM

SPONSORED by



MENU

MOM & POP'S CAFE

Where Great Food
Family and Friends
Come Together



Meat Lasagna*
Garden Salad
Rolls & Dessert

SIGN UP BEGINS TUESDAY SEPTEMBER 2 *Gluten Free option available



BASKET PARTY!

SUNDAY
OCTOBER 5

@12PM

Tickets are \$15 and include:

- 25 FREE AUCTION TICKETS
- SANDWICH, BEVERAGES AND DESSERT

This is a fun afternoon, we hope to see you there!

Theme basket donations are welcomed!

PET LOVERS
COFFEE & TEA
KITCHEN ITEMS
SPA PACKAGE

Baskets can be dropped off at the Front Desk.



Service to the community

Seniors helping those in our community and beyond!

To Love a Child Thurs. Sept. 11
10am-12:30pm

Crafting reusable menstrual pads for girls around the world who lack access.



WE NEED:

Plastic snaps size 16 (Babyville)
PUL (Poly Urethane Laminate)
Fabric.

SOLDIER STOCKINGS

Project begins in October.

Filled stockings will be donated to Blue Star Mothers NY who will ship to our troops





WE ARE NOW COLLECTING:

- ★ Small and travel sized games, toiletries, and candy
- ★ Red and green felt



CHECK PAGE 4 FOR *NEW* TRIP INFORMATION!

*indicates membership not required

Mondays in September	12:30pm-1:00pm	*Beginner Modern Line Dance Fusion: with Mary and Frank; beginners, come and learn the core dance moves. Preregister-FREE-Dept of Aging	
Mondays in September	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. Preregister-FREE-Dept of Aging	
Fridays in September	11:00am-11:45am	Agng Backwards: learn gentle exercises designed to feel healthier as we age; increase your range of motion, improve overall strength, improve posture and energy. Preregister-FREE	
Tuesday, September 2	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 (<i>and samples!</i>). Preregister-FREE	
Tuesday, September 9	9:30am-11:30am	Light Mending with Patti: Drop In, Drop Off, Pick Up later; 2-3 items – bring supplies if needed (buttons, etc.) No alterations. Laundered Clothing Items Only.	
Wednesdays September 10- November 19	1:00pm-2:00pm	*MVP Zumba Gold Toning: blends the Zumba® party you love at a slower pace with a redefining total body workout; tailored for active older adults, who want to focus on muscle conditioning and light weight activity. Preregister-FREE	
Thursday, September 11	10:30am-11:30am	A TRUE Tale of Espionage: A retired US Air Force member Norm Miller; in the late 1980s, while on 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! Preregister-FREE	
Friday, Sept. 12 & 26	1:00pm-2:30pm	*Creative Jewelry Design: Wine charms. We have the tools you'll need to create colorful charm wine glass markers. Keep for yourself or give as a gift. Preregister-FREE-Dept of Aging	
Friday September 12	1:00pm-2:00pm	Paint with Southern Saratoga Art Society: paint a little or a lot with members of SSAS on one canvas; be a part of something unique! No experience necessary, supplies provided. Preregister-FREE	
Tuesday, September 16	10:30am-12:00pm	Book Club: Participate in a discussion on <i>Heartwood</i> by Amity Gaige. Books not provided. For October 21: <i>Troublesome Women</i> by Marie Bostwick.	
Wednesday, September 17	11:00am-12:00pm	Alto Angels & Friends Sing-Along: Join in on songs new and old with these singing angels!	
Thursday, September 18	1:00pm-3:00pm	Sweet Shop Bingo: Presented by Kingsway Community; over \$200 worth of gift cards and a raffle basket; join us if you have a sweet tooth and enjoy Bingo action! Preregister-FREE	
Friday, September 19	12:30pm-1:30pm	Stress-free Downsizing: with Organize Senior Moves; whether moving to a new home or just wanting to pare down, choosing what to keep with a lifetime's worth of possessions can feel overwhelming. Some alternative ways of thinking can help. Preregister-FREE	
Monday, September 22	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.	
Wednesday, September 24	10:30am-11:30am	*NY Citizen Preparedness Training Program: gain the tools and resources to prepare for any type of disaster, respond accordingly and recover quickly; we will learn how to develop an emergency plan and prepare supplies, <i>each family will receive one Preparedness Kit.</i> Preregister-FREE	
Thursday, September 25	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, October 3	12:30pm-1:30pm	Medicare Q&A: an educational seminar by Cassie and Sonde of OB1 Insurance to help you navigate Medicare options. Preregister-FREE	

Have you ever wanted to LEARN TO PLAY...

*+Tuesdays 12:30pm-3:30pm: Hand and Foot, a rummy-style card game related to Canasta
Tuesdays 1:00pm-3:30pm: AZUL Board game, a strategic, tile laying board game that is easy to learn with beautiful playing pieces
Tuesdays 1:00pm-3:30pm: Chess with Rich M.; all are welcome from novice to master, join in!
Wednesdays starting 9/17 10:00am-12:00pm: Bridge with Blaine; 4 person/2 team card game
Thursdays 12:30pm-4:00pm: Pinochle, a strategic trick-taking card game played in teams
*+Thursdays starting 9/25 2:00pm-4:00pm: Pickleball with Colleen S.; learn the basics on our indoor court, paddles and balls provided
*+Fridays 10:00am-12:00pm: Mexican Train Dominoes; aim to be the first to play all their dominoes by building trains.

*indicates membership not required

+Dept. of Aging Programs: must be 60+ and Saratoga County resident.




Registration Required—FREE!







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 (9/22, 9/29) \$10</p> <p>09:45am-12:00pm: Discussion Group [no 9/1]</p> <p>10:00am-10:45am: Jazz Dance (9/22, 9/29) \$10</p> <p>10:00am-11:00am: Chair Yoga ([no 9/1] 9/8, 9/15, 9/22, 9/29) \$28</p> <p>10:00am-12:00pm: Bocce Ball—<i>Outdoor</i></p> <p>11:00am-01:00pm: Beginner & Intermediate Clogging ([no 9/1] 9/8, 9/15, 9/22, 9/29) \$28</p> <p>12:30pm-03:30pm: Games: Decide as a group! [no 9/1]</p> <p>01:00pm-02:00pm: Ukulele Group [no 9/1]</p> <p>01:00pm-02:00pm: *+Modern Line Dance Fusion with Mary & Frank ([no 9/1] 9/8, 9/15, 9/22, 9/29) FREE!</p> <p>01:00pm-03:00pm: Quilting Group [no 9/1]</p> <p>02:30pm-03:30pm: *+Healthy Bones for Life 518-884-4110 *WAITLIST ONLY* [no 9/1]</p>	<p><i>*indicates membership not required</i> <i>+Dept. of Aging Programs: must be 60+ and Saratoga County resident.</i></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 (9/2, 9/9, 9/16, 9/23, 9/30) \$35</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; 9/2, 9/16)</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; (9/10 & 9/24)</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, 9/3, 9/17)</p> <p>10:30am-11:30am: Meditation (2nd & 4th Wednesday; 9/10 & 9/24) \$14</p> <p>11:00pm-01:00pm: Indoor Ping Pong</p> <p>12:00pm-02:00pm: Bowling at Spare Time (starting 9/17 \$12/week shoes, 2 games, and lunch)</p> <p>12:30pm-04:00pm: Games: Mahjong</p> <p>01:00pm-02:00pm: *MVP Zumba® Gold Toning (9/10 through 11/19) FREE! (sponsored by MVP)</p> <p>01:00pm-04:00pm: Games: Poker; Creative: Knitting and Crocheting</p> <p>01:30pm-02:30pm: Country Line Dance with Linda (9/3, 9/10, 9/17, 9/24,) \$15</p> <p>02:30pm-03:30pm: *+Healthy Bones for Life 518-884-4110 *WAITLIST ONLY*</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>
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)</p> <p>09:00am-11:30am: Games: Billiards/Pool</p> <p>10:00am-11:30am: Chorus Rehearsal starts 9/18</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 (9/11, 9/25)</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, 9/11 & 9/25)</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>	 <p>WE NEED YOUR VOICE! CHORUS OPEN ENROLLMENT! September 18 through October 16 We meet on Thursdays, 10:00am to 11:30am ABILITY TO READ MUSIC NOT REQUIRED, BUT HELPFUL Contact the Front Desk TODAY! 518-383-1343 COME JOIN US!</p>
F R I D A Y	<p>09:00am-10:00am: Advanced Tap Dance (9/19, 9/26) \$10</p> <p>09:00am-10:55am: Orchestra Rehearsal</p> <p>09:15am-12:00pm: Woodcarving</p> <p>10:00am-10:45am: Ballet Class (9/19, 9/26) \$10</p> <p>10:00am-12:00pm: Games: Dominoes/Mexican Train; Bocce Ball—<i>Outdoor</i></p> <p>10:55am-12:30pm: Big Jazz Band Rehearsal starts 9/12</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 (9/5, 9/12, 9/19, 9/26) \$15</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—<i>Indoor</i></p> <p>02:30pm-03:30pm: *+Healthy Bones for Life 518-884-4110 *WAITLIST ONLY*</p>	 <p><i>Orchestra on the Common</i> If you play the violin or the cello or another orchestral instrument, the <i>Orchestra on the Common</i> needs you! Rehearsals are Friday mornings from September through May and we perform 3-4 concerts a year at the Center. We hope you'll join us! Eileen & Vince EFSkinner@aol.com VRServices@midtel.net</p>

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed 	2 Chicken w/Apple Cream Sauce Buttered Egg Noodles Butternut Squash WW Dinner Roll Mandarin Oranges	3 Tuna Salad on Bun Macaroni Salad Tomato & Cucumber Salad Brownie	4 Beef Pot Roast w/Gravy Mashed Potatoes Broccoli Pears	5 Closed Senior Picnic 
8 Pork w/Fiesta Sauce Rice Pilaf Vegetable Trio Corn Muffin Peaches	9 BBQ Turkey Meatloaf Garlic Mashed Potatoes Brussels Sprouts SF Vanilla Pudding	10 LS Ham & Swiss Cheese on Bun Mustard Potato Salad Coleslaw Shortbread Cookies	11 Herb Chicken w/Gravy Stuffing Beets Applesauce	12 Vegetable Quiche Bake O'Brien Potatoes Warm Berry Crisp Yogurt Mandarin Oranges
15 Beef Stroganoff Egg Noodles Carrots WW Dinner Roll Mandarin Oranges	16 Chicken Salad on Bun Pea Salad Marinated Vegetable Salad Pears	17 Breaded Fish Tartar Sauce Macaroni & Cheese Spinach Applesauce	18 Boiled Dinner LS Ham w/Cabbage Red Potatoes Carrots Fig Cookies	19 Hot Turkey Sandwich on Bun Butternut Squash Warm Cranberry Crunch
22 Roast Pork w/Tarragon Sauce Mashed Potatoes Asparagus Vegetable Medley Applesauce	23 Chicken Parmesan Pasta w/Sauce Vegetable Trio WW Dinner Roll Pears	24 Birthday Special Beef Pepper Steak Rice Pilaf Brussels Sprouts Frosted Cake 	25 Stuffed Pepper Casserole Spinach Mixed Vegetables Corn Muffin Yogurt	26 Egg Salad on Bun Pasta Salad Beet & Onion Salad Peaches
29 Pulled BBQ Beef on Bun California Blend Vegetables Warm Apple Crisp Graham Crackers	30 Spinach Feta Chicken Rice Pilaf Mixed Vegetables WW Dinner Roll Mandarin Oranges			

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.

Where do you want to go?

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WAIT LIST Providence, RI - Tues. Sept. 9

Canadian Rockies by Train w/Collette
Sept. 14-22

Canadian Rockies & Glacier National Parks w/Collette
Sept. 19-25

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

WAIT LIST
Oktoberfest Wedding of Frieda & Fritz
Riverview Inn, PA - Thurs. Oct. 16

Beardslee Castle Murder Mystery Luncheon
Little Falls, NY - Sun. Nov. 9

Christmas Spectacular Radio City Rockettes
w/White Star - Dec. 9-11

Southern Charm, Charlston, SC; Georgia: Savannah, St
Simmons Island & Jekyll Island w/Collette
April 7-13, 2026

Thank You!



*to our Open House Raffle Winner:
Margot E.!

*to Janet C. and our Book Sale
volunteers who spent hours preparing for and
running another great Book Sale!

*to OB1 Insurance for sponsoring a fun round
of Pizza & Trivia—we have some big brains in
our building!

*to everyone who brought food to celebrate
Labor Day at our Labor Day Potluck!

A message to our Volunteers

In early August, we had the pleasure of celebrating some of our many dedicated weekly volunteers with a cheerful outdoor picnic. We extend our sincere thanks to Olive Garden, Buffalo Wild Wings, and Hannaford for their generous donations, which helped make the event a success.

There are many ways to get involved at the Senior Center, and we are deeply grateful for each and every volunteer. Whether you give your time daily, weekly, monthly, or whenever you are able, your contributions make a meaningful difference.

Thank you for all that you do.

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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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***DID YOU KNOW?!**

The Clifton Park Senior Center is available for private events Monday through Friday after 4pm, as well as all day on weekends. Whether you're planning a party, shower, business meeting, or another special occasion, consider renting our versatile space. We offer rooms suitable for intimate gatherings or groups exceeding 100 guests. Tables, chairs, and ample parking provided.

CONTACT US FOR MORE INFORMATION: 518-383-1343.



Sandra Kahlon, OTR/L
Medicare Coach and Educator

Phone: 518-495-1695
Sandra@YourMedicareCoach.org
www.SandraKahlonServices.com

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Peregrine Delmar Place
Assisted Living
518-434-4663

Peregrine Guilderland
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518-218-0506

Peregrine Shaker
Assisted Living & Memory Care with Enhanced Services
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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



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.