



Clifton Park Senior Community Center NEWSLETTER

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

DECEMBER 2025

CENTER HOURS

Monday-Friday, 9am-4pm

CLOSED

1/2 DAY (closed at noon)
Wednesday, December 24

Christmas Day
Thursday, December 25

1/2 DAY (closed at noon)
Wednesday, December 31

New Year's Day
Thursday, January 1

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.



**IT'S TIME TO
RENEW YOUR
MEMBERSHIP!**

All memberships expire 12/31.

To receive newsletter emails:

CliftonParkNY.gov/subscribe

and add yourself to our email list.

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

Bakers!

Band Concert: 12/5
Chorus Concert: 12/18
Orchestra Concert: 12/19

Dinner set up & serve

Tuesday, 12/16; 3:30pm-6:30pm

Event set up & serve

Breakfast w/Santa
Weds. 12/10 @ 9am

December Dinner

TUESDAY, DECEMBER 16 @ 5PM

MENU by DEETS
CATERING

Honey Glazed Ham
Mashed Potatoes
Vegetables & Applesauce
Garden Salad & Rolls
Brownie
w/whipped cream

MEMBERS ONLY
\$15 || 4TIX PER PERSON

...and a special sing along with SPAC SCHOOL
OF THE ARTS

SIGN UP BEGINS MONDAY, DECEMBER 1

Don't Miss our Holiday Performances!

Jazz Band Friday, Dec 5 @ 1pm **Shen Showstoppers** Monday, Dec 15 @ 1pm
Chorus Thursday, Dec 18 @ 1pm dance troupe led by former Radio City Rocket, Janet Murphy!
Orchestra Friday, Dec 19 @ 1pm **Shen High School Choir** Fri, Dec 19 @ 10am



Breakfast
with
SANTA

Wednesday, December 10 @ 10am

Bring non-perishable breakfast items
to donate to the local food pantry.



Join us for

Holiday Lights
AT QUICK RESPONSE
2095 Route 9, Round Lake

Thurs, December 11 @ 5:30pm

Santa, donuts, hot
chocolate and holiday
cheer with a drive thru
light display--just for us!




FREE but spots are limited! **Quick Response**
FREE WATER • HOLD

CHECK PAGE 8 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

Tuesday, December 2	9:00am-12:00pm	Holiday Gourd-aments! decorate gourds to decorate your tree with Tim; no two gourds are alike, and neither are your ornaments! Registration required. \$8 supply fee (sponsored by 
Weds & Thurs December 3 & 4	9:00am-11:00am	*Blankets 4 Tots: help make no-sew blankets for the up-coming Toys 4 Tots convoy to bring toys, coats, and hats to kids in the Capital Region. No experience or equipment necessary. Registration required.
Thursday, December 4	10:30am-11:30am	National Cookie Day! Celebrate with a Cookie Swap: bring 2 dozen of your favorite cookies (<i>and the recipe</i>) to swap for the favorite cookies from everyone else! Registration required. FREE.
Thursday, December 4	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! FREE.
Friday, December 5	1:00pm-2:00pm	*Big Band Concert: Live Entertainment with the Center's very own Big Band in our yearly Holiday Concert with special guest, Supervisor Barrett! Reception to follow. FREE.
Tuesday, December 9	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>). Registration required. FREE. 
Wednesday, December 10	10:00am-11:00am	Breakfast with Santa: Join us for breakfast and fun with a special jolly guest! Bring non-perishable items for the food pantry. Registration required. FREE. (<i>Jimmy's Egg, Snyder's, Market 32 and IHOP</i>)
Wednesday, December 10	10:00am-1:00pm	Come Rest and Restore: massages with Annie Brassard of Active Therapeutic Massage and Wellness. Members should <u>call December 3</u> to be entered into a lottery for one of the 6 free 15-20 minute massages!
Thursday, December 11	12:00pm-1:30pm	Pizza & Trivia with Peregrine Senior Living: enjoy a slice (<i>or two!</i>) while we test our knowledge of current and past events, celebrities, sports, music and fun facts. Registration required. FREE. 
Friday, December 12	12:30pm-2:00pm	*Craft & Chat: decoupage holiday plate with Mary E.; create a decorative plate just in time for holiday cookies! Sample on display at the front desk. Registration required. FREE. (sponsored by Dept. of Aging)
Friday, December 12	1:00pm-2:30pm	*Creative Jewelry Design: create a memory wire bracelet or a beaded tree ornament for you, <i>or a friend!</i> Samples on display at the front desk. Registration required. FREE. (sponsored by Dept. of Aging)
Monday, December 15	1:00pm-2:00pm	*Shen Showstoppers Dance Show: Instructor, and former Rockette, Janet Murphy brings her dance group (<i>many have been dancing at the Senior Center since 2003!</i>) to entertain us! FREE.
Tuesday, December 16	10:30am-12:00pm	Book Club: Participate in a discussion on <i>The Other Wes Moore</i> by Wes Moore. Books not provided. For January 20: <i>The Berry Pickers</i> by Amanda Peters.
Wednesday, December 17	10:00am-11:00am	Pretty/Ugly Ornament Exchange: come for the ornaments, stay for the laughter and fun! Bring one pretty ornament and one ugly ornament, individually wrapped, along with a holiday treat to share. Registration required. FREE.
Thursday, December 18	1:00pm-2:00pm	*Chorus Concert: Live Entertainment with the Center's own Senior Chorus in our yearly Holiday Concert! Reception to follow. FREE.
Friday, December 19	10:00am-11:00am	*Shenendehowa Choir Concert: Shenendehowa High School students will be performing a variety of music—folk songs, contemporary, and holiday classics! FREE.
Friday, December 19	1:00pm-2:00pm	*Orchestra Concert: Live entertainment with the Center's very own Orchestra in our yearly Holiday Concert! Reception to follow. FREE.
Monday, December 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.
Tuesday, December 23	1:00pm-3:00pm	Movie & Popcorn: Time for Them to Come Home for Christmas (2021) Enjoy this holiday Hallmark movie that follows an amnesia patient as she tries to discover her identity. Registration required. FREE.



Join the **Shen Senior Quilters** group, an old-fashioned quilting bee, creating lap, twin, and larger-sized quilts for various charitable organizations, bringing comfort to children, teens, and adults in need. Tools and fabric provided, join us on Monday afternoons at 1pm if you enjoy quilting and would like to help create cozy quilts for those in need.

Thank you to everyone who has contributed sewing machines, fabric, batting, and other supplies to help us continue the activity we love most—making quilts.




Visit the back hallway to see the pieces from our Open Studio Painting group; consider bringing your projects and joining them on the first and third Tuesday of every month at 1pm.




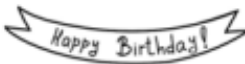


Southern Saratoga Artist Society will be hosting members in a Themed Show titled "Animals", for the months of November & December, 2025.

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

M O N D A Y	<p>09:00am-10:00am: *†Tap Dance (12/1, 12/8, 12/15 [no 12/22, 12/29]) FREE!</p> <p>09:45am-12:00pm: Discussion Group</p> <p>10:00am-10:45am: *†Jazz Dance (12/1, 12/8, 12/15 [no 12/22, 12/29]) FREE!</p> <p>10:00am-11:00am: Chair Yoga (12/1, 12/8, 12/15, 12/22, 12/29) \$35</p> <p>11:00am-01:00pm: Beginner & Intermediate Clogging <i>See you in January!</i></p> <p>12:30pm-03:30pm: Games: Decide as a group!</p> <p>01:00pm-02:00pm: Ukulele Group [no 12/1]</p> <p>01:00pm-02:00pm: Line Dance with Linda (12/1, 12/8, [no 12/15], 12/22, 12/29) \$15</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><i>*indicates membership not required</i> †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 (12/2, 12/9, 12/16, 12/23, 12/30) \$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 \$8.00/week</p> <p>12:30pm-03:30pm: Games: Beginner Mahjong, Scrabble</p> <p>12:30pm-03:30pm: Cards: Hand & Foot <i>beginners welcome!</i></p> <p>01:00pm-03:00pm: Games: Poker, Chess <i>beginners welcome!</i></p> <p>01:00pm-03:00pm: Creative: Open Studio Painting (1st & 3rd Tuesday; 12/2, 12/16)</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; 12/10, 12/23 [no 12/24])</p> <p>10:00am-11:00am: Ukulele Group [no 12/3]</p> <p>10:00am-12:00pm: Cards: Intermediate Bridge & Learn to play Bridge FREE!</p> <p>10:00am-12:00pm: Creative: Memories to Memoirs (12/3, 12/17)</p> <p>10:30am-11:30am: Meditation <i>See you in January!</i></p> <p>11:00pm-01:00pm: Indoor Ping Pong [no 12/10]</p> <p>12:00pm-02:00pm: Bowling at Spare Time \$12/week shoes, 2 games, and pizza w/beverage</p> <p>12:15pm-02:45pm: Indoor Pickleball at The YMCA (1st & 2nd Wednesday; 12/3, 12/10) FREE!</p> <p>12:30pm-04:00pm: Games: Mahjong [no 12/24]</p> <p>01:00pm-04:00pm: Games: Poker</p> <p>01:00pm-04:00pm: Creative: Knitting and Crocheting [no 12/24]</p> <p>01:30pm-02:30pm: Country Line Dance with Linda (12/3, 12/10, 12/17, [no 12/24, 12/31]) \$15</p> <p>02:30pm-03:30pm: *†Healthy Bones for Life 518-884-4110 *WAITLIST ONLY* [no 12/24]</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	<p>09:00am-10:00am: *†Exercise with Carlie FREE! (formerly Exercise to Tape) [no 12/25]</p> <p>09:00am-11:30am: Games: Billiards/Pool [no 12/25]</p> <p>10:00am-11:30am: Chorus Rehearsal [no 12/25]</p> <p>10:00am-12:00pm: Games: Rummikub [no 12/25]</p> <p>10:00am-12:00pm: Mixed-Media Watercolors & Acrylics w/Mary F. \$6/class paid to instructor—(12/11, 12/18)</p> <p>10:15am-11:15am: *Yoga w/Deanna \$5.00/wk At the Center OR <u>Join Zoom</u> [no 12/25]</p> <p>12:30pm-04:00pm: Cards: Pinochle <i>beginners welcome!</i> [no 12/25]</p> <p>12:30pm-04:00pm: Games: Mahjong [no 12/25]</p> <p>02:00pm-04:00pm: *†Open Indoor Pickleball (No lessons) [no 12/18, 12/25]</p>	
F R I D A Y	<p>09:00am-10:00am: *†Tap Dance—Advanced; (12/5, 12/12, 12/19 [no 12/26]) FREE!</p> <p>09:00am-10:55am: Orchestra Rehearsal [no 12/26]</p> <p>09:00am-11:00am: Woodcarving</p> <p>10:00am-10:45am: *†Ballet Class (12/5, 12/12, 12/19 [no 12/26]) FREE!</p> <p>10:00am-12:00pm: Games: Dominoes/Mexican Train <i>beginners welcome!</i></p> <p>11:00am-11:45am: *†Aging Backwards FREE</p> <p>11:00am-12:30pm: Big Jazz Band Rehearsal <i>see you in January!</i></p> <p>12:30pm-04:00pm: Games: 5 Crowns, Mahjong</p> <p>12:45pm-02:30pm: Games: Bingo [no 12/19]</p> <p>01:00pm-02:00pm: Latin Line Dancing ([no 12/5] 12/12, 12/19, 12/26) FREE—no instructor</p> <p>01:00pm-02:30pm: *†Jewelry Making (2nd Friday: organized project, see front desk; 4th Friday: BYO project)</p> <p>01:30pm-04:00pm: Strategic Scrabble</p> <p>02:00pm-04:00pm: Games: Indoor Bocce Ball, Ping Pong, and Cornhole [no 12/5, 12/19]</p> <p>02:30pm-03:30pm: *†Healthy Bones for Life 518-884-4110 *WAITLIST ONLY*</p>	


Coming Fridays in January: Latin Line Dancing with Johnny Martinez of Tango Fusion Dance Company of Saratoga


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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pork w/Fiesta Sauce Rice Pilaf Vegetable Trio Corn Muffin Peaches	2 Turkey Meatloaf w/Mushroom Gravy Garlic Mashed Potatoes Brussels Sprouts SF Vanilla Pudding	3 Tuna Salad on Bun Macaroni Salad Marinated Vegetable Salad Brownie	4 Herb Chicken w/Gravy Stuffing Peas & Carrots Applesauce	5 Stuffed Shells w/Meat Sauce Broccoli Wax Beans WW Dinner Roll Mandarin Oranges
8 Hot Turkey Sandwich on Bun Butternut Squash Warm Cranberry Crunch	9 Beef Pepper Steak Rice Pilaf Wax Beans Pumpkin Muffin Applesauce	10 Breaded Fish Tartar sauce Macaroni & Cheese Broccoli Fig Cookies	11 Chili Spinach Cauliflower WW Dinner Roll Yogurt	12 LS Ham w/Cabbage Au Gratin Potatoes Carrots Fruit Cocktail
15 Roast Pork w/Tarragon Sauce Mashed Potatoes Asparagus Vegetable Medley Applesauce	16 Chicken Salad on Bun Rasta Pasta Salad Pea Salad Pears	17 Stuffed Pepper Casserole Spinach Mixed Vegetables Corn Muffin SF Chocolate Pudding	18 Vegetable Quiche Bake O'Brien Potatoes Lima Beans Mandarin Oranges	19 Christmas Special Meat & Cheese Lasagna Garlic Broccoli Baby Carrots Dinner Roll Cheesecake w/Strawberry Topping and Whipped Cream 
22 Pulled BBQ Beef on Bun California Blend Vegetables Warm Apple Crisp Graham Crackers	23 Spinach Feta Chicken Buttered Noodles Carrots WW Dinner Roll Mandarin Oranges	24 Birthday Special Roast Turkey w/Gravy Mashed Potatoes Butternut Squash WW Dinner Roll Frosted Cake 	25 Closed 	26 Meatballs in Sauce Pasta w/Marinara Sauce Broccoli Fruit Cocktail
29 Chicken & Biscuit Mashed Potatoes Green Beans Applesauce	30 Fish Cake w/Dill Sauce Rice Pilaf Spinach WW Dinner Roll Mandarin Oranges	31 Beef Pot Roast w/Gravy Mashed Potatoes Asparagus Vegetable Medley 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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Thank You!

*to our veterans and service men and women! And to IHOP for helping us recognize them at our Veterans Brunch.



*to Home of the Good Shepherd for a delicious dinner, and to our volunteers!

*to Annie Brassard of Active Therapeutic Massage and Wellness for volunteering to bring relief to our members with monthly massages! (congrats to November's massage lottery winners: Deborah, Linda, Pat, Carol, Shirley, Mary Jo, Monika, Ronnie, Chuck, Monsy, Judy, Carmina)

*to all who donated toward the Soldiers Stockings service project, and to the volunteers who created and filled all 150 stockings!

*to the local businesses who donated gift cards for our Halloween Party prizes: Nothing Bundt Cakes and Parma Pizza



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We truly enjoyed providing a free seminar at CPSCC on November 19th. Thank you to all who attended, “Advancements in Helping Seniors with Chronic Pain”.

Call to schedule a consult at 518-371-0777



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Sandra Kahlon, OTR/L
Medicare Coach and Educator

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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.

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The Innovation Center at Saratoga



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Eddy Senior Living

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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.



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?

CLIFTON PARK SENIOR COMMUNITY CENTER

Christmas Lights @ Quick Response Round Lake
 Thursday, December 11, 5:30pm

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

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

Grand Hawaiian Adventure, four island tour
 w/Collette - May 21-June 2, 2026

Discover Mackinac Island, and the Great Lakes Region
 w/Collette - August 1-9, 2026

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.