



# Clifton Park Senior Community Center NEWSLETTER

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

## FEBRUARY 2026

**CENTER HOURS**  
Monday-Friday, 9am-4pm

**CLOSED**  
President's Day  
Monday, February 16

**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.

### WHAT'S NEW?

➔ **We are looking for an Expert Woodcarver** ➔  
to offer a couple of classes for our seniors.



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

All memberships expired 12/31.

To receive newsletter emails:  
[CliftonParkNY.gov/subscribe](http://CliftonParkNY.gov/subscribe)  
and add yourself to our email list.

**OFFICE HOURS**  
3rd Wednesday of the month  
Alzheimer's Association  
10am-1pm, for appointment call  
518-888-5846.

**Random Acts of Kindness Month**  
Try to do something nice for someone for no reason at all; in fact, try to do this every week for the month of February.

- Complement a stranger;
- hold a door open;
- bring cookies to a neighbor;
- pay forward a cup of coffee.

**VOLUNTEER CORNER**  
Sign up at the Front Desk

**Event Set Up**  
Chocolate Extravaganza  
Weds, February 11 @11:30am

Mardi Gras Party  
Tuesday, February 17 @1:00pm

## Thank you

*On behalf of our Seniors, I extend our sincere gratitude to the **Clifton Park Town Board** for your continued support over the past nine years. During this time, we have experienced many positive changes that have strengthened and enhanced our Center.*

*Thank you to the members who have generously donated their **time, talents, and financial support**. Your commitment has helped shape the Center into the welcoming and vibrant place it is today. We are especially grateful to our dedicated **volunteers**—those who staff the front desk; assist with dinners and special programs; pick up and package donations. Some deliver meals to the homebound. You provide support to fellow members during times of illness and loss. Your compassion and service truly make a difference.*

*Thank you to everyone who participates in our **Service Projects**, supporting Food Pantries, the Animal Shelter, Birthright, To Love a Child, and our soldiers and their families. Your generosity and dedication to our community are truly inspiring.*

*We gratefully acknowledge the **individual donations** from **Jim W.**, whose generosity made two outdoor pavilions possible, and **Mary Caye T.**, for her contributions toward lobby improvements. We also extend our appreciation for **donations made in memory of Evelyn, Pam, and Janet**, which provided four beautiful oak rocking chairs.*

*Our **annual volunteer-driven fundraisers**, including basket parties, book sales, and fashion shows, have enabled us to purchase library furniture, silverware for monthly dinners, six movable walls, heavy-duty rolling carts, speakers, a 64-foot ADA railing, lobby enhancements, and much more. Thank you to everyone who helped make these efforts successful.*

*Thank you to the members who lead classes and to those who warmly welcome new members each day. You have helped make the Senior Center a second home for so many, fostering a strong and supportive sense of community.*

*Finally, thank you to the County **Office for the Aging** and our wonderful **Sponsors and Advertisers**. Your support with programs, advertising, dinners, lunches, educational speakers, and other programs has truly made the Senior Center the place to be.*

*Thank you all for making a meaningful difference.*

*We wish you continued **health, prosperity, and happiness** in the New Year.*

*Susan Leonard, Senior Center Director*

**FASHION SHOW**  
**LUNCHEON AT THE VISTA**

**Sunday, April 19, 2026**  
12:30pm-2:30pm



Enjoy a delicious luncheon with **Door Prizes, Silent Auction & Beautiful Fashions** from **Boscov's!**

**OPEN TO THE PUBLIC!**

Tickets on Sale - \$50



**CHECK PAGE 8 FOR TRIP INFORMATION!**

Wednesdays in February <b>NEW!</b>	10:00am-12:00pm	<b>Intro to Bridge:</b> with Blaine. Have you always wanted to learn this 4 person/2 team card game? Maximum of 12 people <b>Registration required. FREE.</b>
Thursdays in February <b>NEW!</b>	12:30pm-2:30pm	<b>New Games Each Week: Seven</b> card game, <b>BUNCO, Nickles &amp; Dimes, LCR.</b> Bring your small change and have some fun! <b>Registration required.</b>
Fridays in February <b>NEW!</b>	1:00pm-2:00pm	<b>*Latin Line Dance with Tango Fusion Dance Company of Saratoga Springs;</b> led by Johnny Martinez. Good music and good steps for your Friday afternoon. <b>Registration required. FREE. (Dept. of Aging)</b>
Tuesday, February 3	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 ( <i>and samples!</i> ). <b>Registration required. FREE.</b> 
Thursday, February 5	10:00am-12:00pm	<b>*To Love a Child Project:</b> Crafting reusable menstrual pads <i>on the first Thursday of the month</i> 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. <b>Registration required, but sewing skills are not!</b>
Tuesday, February 10	9:30am-11:30am	<b>Light Mending with Patti:</b> 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.) <b>No alterations. Laundered Clothing Items Only.</b>
Tuesday, February 10	12:30pm-2:00pm	<b>Normal vs. Not Normal:</b> with Denice Gibson of START. There are times as we age that we forget a name or can't quite come up with a word we are looking for. Is that Normal or Not Normal? If someone I know or if I were to develop dementia, would I know? What might others notice? <b>Registration required. FREE.</b>
Wednesday February 11	9:00am-12:00pm	<b>Come Rest and Restore: Massages w/Annie Brassard</b> of Active Therapeutic Massage and Wellness. Members should call Feb 4th to be entered into a lottery for one of the 6 free 15-20 minute massages!
Wednesday, February 11	11:30am-1:00pm	<b>Chocolate Extravaganza:</b> a Valentine's Day celebration with games, fun, and a chocolate fountain from <i>We Do Fondue!</i> This is an Entertainment Committee event. <b>Registration required. FREE.</b> 
Thursday, February 12	12:00pm-1:30pm	<b>Lunch &amp; Learn: Making the Move Easier: Expert Guidance for Downsizing</b> with Miranda Real Estate. A step-by-step program for selling your home and simplifying your move with resources and people to guide you through every stage. <b>Lunch provided. Registration required. FREE.</b>
Friday, February 13	11:30am-12:30pm	<b>Craft &amp; Chat:</b> Valentine's Day Cards; come and make cards for the residents of Peregrine Senior Living. Let's brighten their day! <b>Registration required. FREE.</b>
Friday, February 13	1:00pm-2:30pm	<b>*Creative Jewelry Design:</b> create a beaded book mark for you, or a friend! Samples on display at the front desk. <b>Registration required. FREE. (sponsored by Dept. of Aging)</b>
Tuesday, February 17	10:30am-12:00pm	<b>Book Club:</b> Participate in a discussion on <i>Culpability</i> by Bruce Holsinger. Books not provided. For March 17: <i>Project: Hail Mary</i> by Andy Weir.
Tuesday, February 17	1:00pm-2:00pm	<b>Mardi Gras Potluck:</b> Bring a dish to share and your brightest beads to this fun and lively celebration! Remember, no babies were harmed in the baking of the King Cakes. <b>Registration required. FREE.</b>
Monday, February 23	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>
Tuesday, February 24	1:00pm-3:30pm	<b>Movie &amp; Popcorn:</b> you voted! <b>Blast from the Past</b> (1999) A romantic comedy spanning 35 years and involving hilarious cultural missteps; starring Brendan Fraser, Alicia Silverstone, Christopher Walken, and Sissy Spacek. <b>Registration required. FREE. (cast your vote for the March movie in the lobby!)</b>
Wednesday, February 25	3:00pm-4:00pm	<b>Boxing fitness with Chris of Toned and Gray:</b> This boxing-based fitness class combines low-impact boxing movements with light strength training using dumbbells and bodyweight exercises to provide a full-body workout that improves coordination, balance, and cardiovascular fitness. Participants make contact with a lightweight, inflatable punching bag in a safe and controlled setting. No boxing experience is required. <b>Registration required. FREE.</b>
Thursday, February 26	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! <b>FREE.</b>



Southern Saratoga Artist Society will be hosting members, Carol Winterton (*who is also a CPSCC member!*) and Maureen Kelly in a show for the months of January and February.

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


**Thank You!**

\*to the volunteers who helped to set up our New Year celebration!

\*to Panera Bread, Hannaford and Dolce & Biscotti Italian Bakery for donations of treats and bread!

\*to Home of the Good Shepherd for sponsoring our gourd painting!




 \*to MVP Healthcare for bringing back Bokwa Dance Moves!



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




*If you know that you will be receiving tax documents from a brokerage, please don't make an appointment until you receive all of your documents.*

<b>M O N D A Y</b>	09:00am-10:00am: Tap Dance (2/2, 2/9 [no 2/16] 2/23) \$15	<i>*indicates membership not required †Dept. of Aging Programs: must be 60+ and Saratoga County resident.</i>
	09:45am-12:00pm: Discussion Group [no 2/16]	
	10:00am-10:45am: Jazz Dance (2/2, 2/9 [no 2/16] 2/23) \$15	
	10:00am-11:00am: Chair Yoga (2/2, 2/9 [no 2/16] 2/23) \$21	
	11:00am-01:00pm: Beginner & Intermediate Clogging (2/2, 2/9 [no 2/16] 2/23) <b>FREE!</b>	
	12:30pm-03:30pm: <b>Games:</b> Decide as a group! [no 2/16]	
	01:00pm-02:00pm: Ukulele Group [no 2/16]	
	01:00pm-02:00pm: Line Dance with Linda (2/2, 2/9 [no 2/16] 2/23) \$15	
	01:00pm-03:00pm: Quilting Group [no 2/16]	
	02:30pm-03:30pm: *†Healthy Bones for Life 518-884-4110 *WAITLIST ONLY* [no 2/16]	
<b>T U E S D A Y</b>	09:00am-10:00am: Exercise to Tape	
	09:00am-11:30am: <b>Games:</b> Billiards/Pool	
	09:15am-10:15am: *Yoga w/Deanna \$5.00/wk. At the Center OR <u>Join Zoom</u>	
	10:00am-12:00pm: <b>Cards:</b> 5 Crowns	
	10:15am-11:15am: QiGong with Rob (2/3, 2/10, 2/17, 2/24) \$28	
	10:30am-12:00pm: Adult Coloring	
	11:00am-12:00pm: *Ice Skating at Capital Arena \$5/week pd. at ice rink, includes skates	
	11:30am-03:00pm: * <b>Cards:</b> Duplicate Bridge Group-Sanctioned \$8.00/week	
	12:30pm-03:30pm: <b>Games:</b> Beginner Mahjong, Scrabble	
	12:30pm-03:30pm: <b>Cards:</b> Hand & Foot beginners welcome!	
01:00pm-03:00pm: <b>Games:</b> Poker, Chess beginners welcome!		
01:00pm-03:00pm: <b>Creative:</b> Open Studio Painting (1st & 3rd Tuesday; 2/3, 2/17)		
<b>W E D N E S D A Y</b>	09:00am-10:00am: Exercise to Tape	
	09:00am-11:30am: <b>Games:</b> Billiards/Pool	
	09:30am-12:00pm: Investment Club (2nd & 4th Wednesday; 2/11, 2/25)	
	10:00am-11:00am: Ukulele Group	
	10:00am-12:00pm: <b>Cards:</b> Intermediate Bridge & Learn to play Bridge <b>FREE!</b>	
	10:00am-12:00pm: <b>Creative:</b> Memories to Memoirs (1st & 3rd Wednesday; 2/4, 2/18)	
	10:30am-11:30am: Meditation (2nd & 4th Wednesday; 2/11, 2/25) \$14	
	11:00pm-01:00pm: Indoor Ping Pong	
	12:00pm-02:00pm: Bowling at Spare Time \$12/week shoes, 2 games, and pizza w/beverage	
	12:15pm-02:45pm: Indoor Pickleball at The YMCA (1st & 2nd Wednesday; 2/4, 2/11) <b>FREE!</b>	
	12:30pm-04:00pm: <b>Games:</b> Mahjong	
	01:00pm-01:45pm: *MVP Bokwa Dance Moves (1/6 through 3/11) <b>FREE!</b>	
	01:00pm-04:00pm: <b>Games:</b> Poker	
01:00pm-04:00pm: <b>Creative:</b> Knitting and Crocheting		
01:30pm-02:30pm: Country Line Dance with Linda (2/4, 2/11, 2/18, 2/25) \$15		
02:30pm-03:30pm: *†Healthy Bones for Life 518-884-4110 *WAITLIST ONLY*		
<b>T H U R S D A Y</b>	09:00am-10:00am: *†Senior Fit with Carlie <b>New Name!</b> (2/5, 2/12, 2/19, 2/26) <b>FREE!</b>	
	09:00am-11:30am: <b>Games:</b> Billiards/Pool	
	10:00am-11:30am: Chorus Rehearsal (2/5, 2/12, 2/19, 2/26)	
	10:00am-12:00pm: <b>Games:</b> Rummikub	
	10:00am-12:00pm: Mixed-Media Watercolors & Acrylics w/Mary F. \$6/class paid to instructor (2nd & 4th Thursday, 2/12, 2/26)	
	10:15am-11:15am: *Yoga w/Deanna \$5.00/wk At the Center OR <u>Join Zoom</u>	
	12:30pm-04:00pm: <b>Cards:</b> Pinochle beginners welcome!	
	12:30pm-04:00pm: <b>Games:</b> Mahjong	
02:00pm-04:00pm: *†Open Indoor Pickleball (No lessons)		
<b>F R I D A Y</b>	09:00am-10:00am: Tap Dance—Advanced; (2/6, 2/13, 2/20, 2/27) \$20	
	09:00am-10:55am: Orchestra Rehearsal	
	09:00am-11:00am: Woodcarving	
	10:00am-10:45am: Ballet Class (2/6, 2/13, 2/20, 2/27) \$20	
	10:00am-12:00pm: <b>Games:</b> Dominoes/Mexican Train beginners welcome!	
	11:00am-11:45am: Essentrics Aging Backwards (2/6, 2/13, 2/20, 2/27) \$24	
	11:00am-12:30pm: Big Jazz Band Rehearsal	
	12:30pm-04:00pm: <b>Games:</b> 5 Crowns, Mahjong	
	12:45pm-02:30pm: <b>Games:</b> Bingo	
	01:00pm-02:00pm: *†Latin Line Dancing with Johnny Martinez (2/6, 2/13, 2/20, 2/27) <b>FREE!</b>	
	01:00pm-02:30pm: *†Jewelry Making (2nd Friday: organized project, see front desk; 4th Friday: BYO project)	
	01:30pm-04:00pm: Strategic Scrabble	
	02:00pm-04:00pm: <b>Games:</b> Indoor Bocce Ball, Ping Pong, and Cornhole	
02:30pm-03:30pm: *†Healthy Bones for Life 518-884-4110 *WAITLIST ONLY*		



Come enjoy a day at the  
Southern Saratoga YMCA  
every 1st and 2nd  
Wednesday of the month!  
Just show your CPSCC Card!

**SARATOGA COUNTY DEPARTMENT OF AGING & YOUTH SERVICES-FEBRUARY 2026**  
**GATHER & DINE/HOME DELIVERED MEALS 518-363-4020**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Chicken Florentine Rice Pilaf Peas & Carrots Mandarin Oranges	<b>3</b> Salisbury Steak w/Gravy Mashed Potatoes Butternut Squash Applesauce	<b>4</b> Sliced Pork w/Mushroom Cream Sauce Red Bliss Potato Vegetable Trio Pears	<b>5</b> Swedish Meatballs Buttered Egg Noodles Brussels Sprouts Peaches	<b>6</b> LS Ham & Swiss Cheese on Bun Mustard Macaroni Salad Coleslaw Brownie
<b>9</b> Spanish Beef & Rice Casserole Broccoli Warm Peach Crisp	<b>10</b> Pulled BBQ Pork on Bun Mashed Sweet Potatoes Cabbage SF Chocolate Pudding	<b>11</b> Breaded Fish Tartar Sauce Au Gratin Potatoes Spinach Applesauce	<b>12</b> Beef Pepper Steak Rice Pilaf Vegetable Trio Bran Muffin Fruit Cocktail	<b>13 Valentine's Day Special</b> Marry Me Chicken Garlic Mashed Potatoes Asparagus w/Bacon Bits Dinner Roll Frosted Red Velvet Cake 
<b>16 Closed</b> 	<b>17</b> Fiesta Meatloaf w/Gravy Mashed Sweet Potato Cauliflower Pears	<b>18</b> Tuna Salad on Bun Pea Salad Marinated Vegetable Salad SF Vanilla Pudding	<b>19</b> Scalloped Potatoes & Ham Carrots Lima Beans Mandarin Oranges	<b>20</b> Eggplant Parmesan Pasta w/Marinara Sauce Broccoli WW Dinner Roll Yogurt
<b>23</b> Cubed Pork & White Bean Casserole Spinach Cranberry Crunch WW Dinner Roll	<b>24</b> Turkey Divan Mashed Potatoes Butternut Squash Applesauce	<b>25 Birthday Special</b> Meatballs in Sauce Pasta w/Sauce Green Beans Frosted Cake 	<b>26</b> Beef Pot Roast w/Gravy Mashed Potatoes Peas & Carrots Mandarin Oranges	<b>27</b> Macaroni & Cheese Stewed Tomatoes Broccoli Yogurt

**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.**



# CLASS SHOWCASE: ACTIVE

## MOVEMENT THROUGH *DANCE!*

### Ballet, Tap and Jazz with Janet

Warm up before each class with stretching and moves that parallel osteoporosis exercise for building bone and increasing balance. Learn the classical movements, positions and dances of ballet; dance to hot jazz tunes; and tap to well-loved Broadway-themed songs.

### Clogging with Fran

Clogging is easy to learn and so much fun! If you've been involved in line dancing and are familiar with counting time in music, then you should be even more comfortable learning to clog.

### Latin Line Dance with Johnny

Fun Latin Line dancing classes with sizzling hot Latino Beats and Rhythms Cha-Cha, Salsa, Rumba & more.

### Line Dance with Linda

No partner needed. Dancing incorporates a myriad of musical genres and dancing styles, including: Motown, Oldies, Swing, Disco, Latin, and Country. This is a no pressure, just for fun, music and dancing class.

### Country Line Dance with Linda

No partner needed. Class will start each month with the basic Country dances. Slowly we will add a few more higher beginner/intermediate Dance moves. This is no pressure, just for fun, music and dancing.

### Bokwa or Zumba with MVP Healthcare

Class combines fast and slow rhythms to get your heart pumping. It also tones and sculpts the body while strengthening your core. This is a fun, friendly workout anyone can do, including beginners.

## MOVEMENT THROUGH *MINDFULNESS*

### Chair Yoga with Bonnie

Tailored for participants with cardiac or other chronic medical conditions or those who would like a gentle exercise program. The chair replaces the yoga mat and becomes an extension of your body allowing you to take full advantage of yoga's amazing fitness and health potential.

### Qi-Gong with Rob

These easy to learn ancient Chinese 'moving meditations' will help you boost your immunity, reduce stress levels, and improve balance. Qigong's (pronounced "Chee-gung") gentle, flowing poses, deep breathing rhythms and visualization techniques enhance the flow of Qi (energy) that fuels your movements, thoughts and emotions. We will learn a variety of Qigong techniques and touch on the Martial Arts traditional origins of Qigong.

### Floor Yoga with Deanna

This gentle Yoga class focuses on correct alignment for safety & stability, coordination of breath with movement, breathing exercises for mindfulness & focus and relaxation/meditation for a greater sense of well-being.

### Exercise to Tapes

Participants follow the movements of people on a large screen doing various upper- and lower- body exercises. The program is designed to accommodate all levels of strength and ability.

## MOVEMENT THROUGH *GAMES!*

### Indoor & Outdoor Bocce

All are welcome, no experience necessary. The goal is to throw/roll your ball closer to the Pallino than your opponent. Players roll in turn until all 8 have been thrown. First team to 11 points wins.

### Indoor Games

Bocce • Corn Hole • Ping Pong • Pool • Pickleball

### Bowling

No experience necessary! \$12 paid at Spare Time, 1668 Route 9, Clifton Park. This includes two games, shoes, two slices of pizza, and soda. Casual, drop in program.

### Golf

We have an active Golf League that plays at Barney Road (par 3). We are always looking for new golfers (singles & couples) to join.

### Healthy Bones for Life

This is a low-impact exercise program using both hand and leg weights that are provided. Muscle strengthening, flexibility, posture training and balance. These exercises and a healthy diet rich in calcium and vitamin D have been shown to help maintain & improve bone health

### Aging Backward

This class is a gentle full body workout to strengthen muscles, increase flexibility, and improve mobility, which can help slow the aging process. This program focuses on engaging the fascia, the connective tissue that supports the body, and aims to build core strength, tone muscles and improve balance.

Pre-registration is required for most programs.  
If there is a fee, payment is made upon registration.



# CLASS SHOWCASE: STATIONARY

## FUN THROUGH

### *GAMES!*

#### Board Games

Learn and play strategy board games like Splendor, Azul, Hansa, Teutonica, Century Spice Road, Lords of Waterdeep and Arboretum, Concordia and World Wonders.

#### Card Games

Hand & Foot, Poker, 5 Crowns, Bridge and Pinochle; plus learn to play games like Hearts, Spades, Euchre and Bridge.

#### Tile Games

Scrabble, Mahjong, Dominoes, Mexican Train and Rummikub.

#### Duplicate Bridge

Bridge is a great way to energize your mind. This is a sanctioned game offering Masterpoints to the players who happen to win. Because it is sponsored by the ACBL there will be a charge to play in the game.

#### Intermediate Bridge

If you know the fundamentals of the game, but would like to improve, join in! We talk during our games, both about the bidding and playing of the hands.

#### Garden Club

Grow your groceries! Discover and discuss garden planting and in the spring get your hands dirty as we plant our crops in the Senior Center Community Garden.

#### Discussion Group

Got something on your mind? Come share it with our friendly, non-judgmental group. We welcome everyone's ideas.

#### Quilting

Some sewing experience is useful, and beginners are welcome. Our projects are made using fabric donations, and are then donated to charitable organizations. Sewing machines are provided.

#### Adult Coloring

Relax and enjoy friendly conversation and have some fun while coloring. Supplies will be provide at class.

#### Painting Studio

Learn and develop your oil, acrylic and watercolor painting skills; from sketching to picking out colors to making each piece uniquely yours.

#### Woodcarving

We are an active group of women and men who are engaged in all types of woodworking. All you need is an interest in taking up woodcarving and socializing with a group of people who get so much out of what they do. No prior experience necessary. If you have the time, they will share their time to help you

#### Jewelry Making

No Experience Necessary! Beads & tools available. The Creative Jewelry Making class meets every other week on an informal basis, for our own creations. All are welcome.

#### Knitting & Crocheting

Our group is not only a wonderful resource for those learning how to knit and crochet, but also a place to talk and make friends.

## FUN THROUGH

### *MUSIC!*

#### Chorus

Our group of happy singers practice popular songs that are performed at senior centers and nursing homes. We welcome new and enthusiastic voices. No experience necessary.

#### Orchestra

We are always looking for people who play, or have played, a musical instrument. Concerts are performed throughout the year.

#### Big Jazz Band

The CPSCC Big Jazz Band performs musical arrangements in several styles ranging from early swing to more modern varieties loosely based upon "standards" from the Great American Songbook of popular tunes.

#### Ukulele

Come and join us for a Ukulele Sing-A-Long. Play the Ukulele and sing popular songs from 1910 to the 1990's.

#### Investment Club

The club is dedicated to educating the partners in security evaluation and investment through periodic contributions by the partners for their mutual long term benefit. All are welcome.

#### Meditation

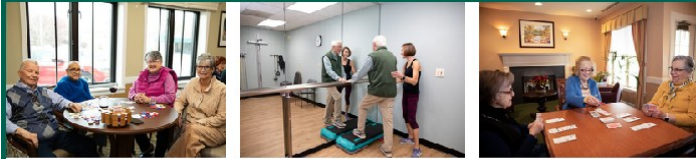
Meditation improves your emotional and physical health by relaxing your mind, body and spirit. It has been known to reduces stress, control anxiety, help fight addictions, decrease blood pressure, improve sleep, help control pain and enhance self-awareness.

## FUN THROUGH *CREATING!*

SUPPORT OUR ADVERTISERS WHEN YOU CAN...LET THEM KNOW YOU APPRECIATE THEIR AD!



At Eddy Senior Living, we offer Independent Living for active seniors and Assisted Living and Memory Care for seniors who need a little extra help.

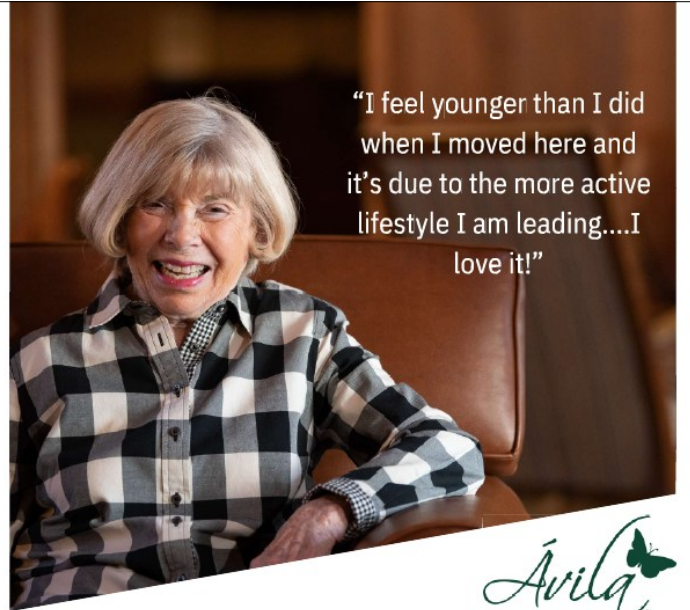


**SIX EXCEPTIONAL COMMUNITIES LOCATED IN:**

**Niskayuna** - Glen Eddy • **Cohoes** - Marjorie Doyle Rockwell Center • **East Greenbush** - Eddy Hawthorne Ridge • **Troy** - Beechwood & The Terrace at Eddy Memorial • **Queensbury** - The Glen at Hiland Meadows • **Slingerlands** - Beverwyck



EddySeniorLiving.com  
(518) 280-8385



"I feel younger than I did when I moved here and it's due to the more active lifestyle I am leading....I love it!"



Avila is the capital region's premier retirement community for seniors seeking an active & rewarding lifestyle. Enjoy maintenance free living with an indoor pool, fitness center, gourmet style dining, bi-weekly housekeeping, transportation, recreational, social & wellness programs & more!

**CONTACT US:**  
100 White Pine Drive / Albany, NY 12203 / (518) 452-4250

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[Marshall@MarAssoc.net](mailto:Marshall@MarAssoc.net)

★  
6 Sage Court  
Clifton Park, NY 12065

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



*Sandra Kahlon, OTR/L*  
Medicare Coach and Educator

Phone: 518-495-1695

[Sandra@YourMedicareCoach.org](mailto:Sandra@YourMedicareCoach.org)  
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**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.*



**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**

**MainStage at theREP**, award winning "Archduke"; World War I era -Thursday, March 12, 2026

**New York Yankee Stadium**, Yankees vs. Los Angeles Angels-Thursday, April 16, 2026 sponsored by *Home of the Good Shepherd*

**St. Patrick's Day Celebration**, Gavin's Country Inn, Cornwallville, NY: Live Irish American Music Show & Luncheon -Friday, March 20, 2026

**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 Kevin Dailey	371-6651
Assessor Walter Smead	371-6460
Building & Development Director Wade Schoenborn	371-6702
Building & Grounds Director Dan Clemens	371-6651
Town Clerk Caitlin Fantini	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	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 Agatha Reid:	areid@cliftonpark.org
Councilman Zabed Manir:	zmanir@cliftonpark.org
Councilwoman Nancy Bellamy:	nbellamy@cliftonpark.org
Councilman Mario Fantini:	mfantini@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.