



Clifton Park Senior Community Center NEWSLETTER

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

MARCH 2026

CENTER HOURS
Monday-Friday, 9am-4pm

Inclement 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?

NO LUNCH

The kitchen will be closed for repairs March 9-11. No Gather & Dine.

We have an Expert Woodcarver coming in May!
to offer 2 introductory classes for our seniors.

Thanks to **Saratoga County Cornell Cooperative Extension**, we have a new **Seed Library** in the lobby! Help yourself to two packets of seeds; you can either scan the QR code to find out how to grow or take info sheets from the info binder. Sign up for Kathy M.'s garden chat on Thursday, March 19!

To receive newsletter emails:
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.

VOLUNTEER CORNER

Sign up at the Front Desk

Bakers

We need sweet treats for post-concert receptions:
Friday, March 27

Event Set Up

Dinner set up and serve
Weds, March 11@3:30pm

St. "Patties" Day Breakfast
Weds. March 18 @9:00am



March Dinner

Wednesday, March 11 @5pm
\$15/ticket. Members only.

MENU

SPONSORED BY

Marinated Pork Loin
Butternut Squash Soup
Rice Pilaf & Sauteed Veggies
Cheesecake with Melba Sauce



ENTERTAINMENT BY

DJ Mark Hersh of



Sign up begins Monday, March 2

ST. "PATTIES" DAY BREAKFAST ONLY \$2!

WEDNESDAY, MARCH 18 @ 10:00AM ENTERTAINMENT BY **KEN BLATT**

SAUSAGE PATTY,
EGG & CHEESE SANDWICH
HASH BROWN, FRESH FRUIT & JUICE

SPACE IS LIMITED SO SIGN UP TODAY!



SPONSORED BY:
 **Peregrine**
SENIOR LIVING
at CLIFTON PARK

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 *Boscova!*

OPEN TO THE PUBLIC!
Tickets on Sale - \$50



Orchestra Concert
Friday, March 13 @1pm
Reception to follow




Jazz Band Concert
Friday, March 27 @1pm
Reception to follow



CHECK PAGE 7 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

| | | |
|--|-----------------|--|
| Mondays in March starting 3/9 NEW! | 2:30pm-3:30pm | *Afternoon Chair Yoga: with Bonnie. Try this gentle exercise program that replaces the mat with a chair to allow you to take full advantage of yoga's amazing fitness and health potential. Registration required. FREE. (sponsored by Dept. of Aging) |
| Tuesdays in March NEW! | 10:30am-12:00pm | Intro to Hearts: with Blaine. Hearts is an "evasion-type" trick-taking playing card game for four players, but can accommodate three to six players. Maximum of 12 people. Registration required. FREE. |
| Wednesdays in March starting 3/18 NEW! | 3:00pm-4:00pm | *Boxing fitness with Chris of Toned and Gray: 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. Registration required. FREE. (sponsored by Dept. of Aging) |
| Tuesday, March 3 | 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, March 5 | 10:00am-12:00pm | *To Love a Child Project: Crafting reusable menstrual pads on the first Thursday of the month 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. Registration required, but sewing skills are not! |
| Tuesday, March 10 | 9:30am-11:30am | Light Mending with Patti: 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.) No alterations. Laundered Clothing Items Only. |
| Wednesday March 11 | 9:00am-12:00pm | Come Rest and Restore: Massages w/Annie Brassard of Active Therapeutic Massage and Wellness. Members should call March 4th to be entered into a lottery for one of the 4 free 15-20 minute massages! |
| Thursday, March 12 | 11:30am-12:15pm | AllWays Dance with Ashley from Studio One Dance: chair-based movement program that meets you where you are, combining music, rhythm, and accessible choreography to support strength, balance, and joy. Probably the most fun you'll have sitting in a chair. Registration required. FREE. |
| Friday, March 13 | 1:00pm-2:30pm | *Creative Jewelry Design: Samples on display at the front desk. Registration required. FREE. (sponsored by Dept. of Aging) |
| Tuesday, March 17 | 10:30am-12:00pm | Book Club: Participate in a discussion on <i>Project: Hail Mary</i> by Andy Weir. Books not provided. For April 21: <i>The View From Lake Como</i> by Adriana Trigiani. |
| Tuesday, March 17 | 12:30pm-2:00pm | *Craft & Chat: with Mary E. Decorate a trinket jar and lid to hold a candle or jewelry. Make one for you or a friend! Sample at the front desk. Registration required. FREE. (sponsored by Dept. of Aging) |
| Wednesday, March 18 | 1:00pm-2:00pm | Pajama Dance Party! Back by popular demand—wear your PJs and let's dance the afternoon away! Registration required. FREE. |
| Thursday, March 19 | 10:00am-11:30am | Your Edible Garden: Interested in growing a vegetable garden this season? Learn vegetable garden basics, get resources for planning and choosing your plants (& check out our new seed library!) Information will apply to any size garden. Registration required. FREE. |
| Monday, March 23 | 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, March 24 | 12:30pm-2:15pm | Getting the Most Out of Your Doctor Visit: with Denice Gibson of START. Have you ever left a doctor's office feeling unheard or dismissed simply because of your age? You're not alone. Be empowered, advocate for yourself in medical settings. Ensure that your concerns are taken seriously & your voice is heard. Learn practical communication techniques, strategies to navigate age bias & tips to build stronger partnerships with healthcare providers. Don't settle for being overlooked—take charge of your health & get the care you deserve. Registration required. FREE. |
| Wednesday, March 25 | 11:30am-1:00pm | Lunch & Learn: Stress Management with Sandra, Your Medicare Coach: learn how to calm your nervous system from the stress that arises through personal matters, health outcomes. We can't change stressful situations, but we can change our response. Lunch provided. Registration required. FREE. |
| Thursday, March 26 | 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. |
| Tuesday, March 31 | 1:00pm-3:00pm | Movie & Popcorn: Celebrating Catherine O'Hara with <i>Best in Show</i> (2000). A silly behind-the-scenes look into the highly competitive and cut-throat world of dog shows. Registration required. FREE. |
| Fridays, May 1 & 15 | 9:30am-11:30am | Woodcarving: create a Comfort Bird with Gail. Learn the basics and carve a small smooth bird to fit in the palm of your hand making them easy to hold and rub for comfort. <i>Tools provided.</i> Registration required. FREE. (sponsored by Dept. of Aging) |
| Thursday, May 28 | 9:00am-4:00pm | Defensive Driving Course: \$32, check payable to Armand Canestraro. |

| | | | | | | |
|--|--|--|--|--|--|--|
| M O N D A Y | <p>09:00am-10:00am: Tap Dance (3/2, 3/9, 3/16, 3/23, 3/30) \$25</p> <p>09:45am-12:00pm: Discussion Group</p> <p>10:00am-10:45am: Jazz Dance (3/2, 3/9, 3/16, 3/23, 3/30) \$25</p> <p>10:00am-11:00am: Chair Yoga (3/2, 3/9, 3/16, 3/23, 3/30) \$35</p> <p>11:00am-01:00pm: Beginner & Intermediate Clogging (3/2, 3/9, 3/16, [no 3/23] 3/30) \$28</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: Line Dance with Linda (3/2, 3/9, 3/16, 3/23, 3/30) \$15</p> <p>01:00pm-03:00pm: Quilting Group</p> <p>02:30pm-03:30pm: *†Chair Yoga ([no 3/2] 3/9, 3/16, 3/23, 3/30) FREE! NEW!</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 (3/3, 3/10, 3/17, 3/24, 3/31) \$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> Creative: Open Studio Painting (1st & 3rd Tuesday; 3/3, 3/17)</p> | | | | |
| | | W E D N E S D A Y | <p>09:00am-10:00am: Exercise to Tape</p> <p>09:00am-11:30am: Games: Billiards/Pool</p> <p>09:30am-12:00pm: Investment Club (2nd & 4th Wednesday; 3/11, 3/25)</p> <p>10:00am-11:00am: Ukulele Group</p> <p>10:00am-11:30am: *†Grow Our Community Garden NEW!</p> <p>10:00am-12:00pm: Cards: Intermediate Bridge</p> <p>10:00am-12:00pm: Creative: Memories to Memoirs (1st & 3rd Wednesday; 3/4, 3/18)</p> <p>10:30am-11:30am: Meditation (2nd & 4th Wednesday; 3/11, 3/25) \$14</p> <p>11:00pm-01:00pm: Indoor Ping Pong</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; 3/4, 3/11) FREE!</p> <p>12:30pm-04:00pm: Games: Mahjong</p> <p>01:00pm-01:45pm: *MVP Bokwa Dance Moves (1/6 through 3/11) FREE!</p> <p>01:00pm-04:00pm: Games: Poker Creative: Knitting and Crocheting</p> <p>01:30pm-02:30pm: Country Line Dance with Linda (3/4, 3/11, 3/18, 3/25) \$15</p> <p>02:30pm-03:30pm: *†Healthy Bones for Life 518-884-4110 *WAITLIST ONLY*</p> <p>03:00pm-04:00pm: *†Boxing Fitness with Chris starting 3/18 FREE!</p> | <div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #e0f0ff;"> <p style="text-align: center;">Come enjoy a day at the Southern Saratoga YMCA every 1st and 2nd Wednesday of the month! Just show your CPSCC Card!</p> </div> | | |
| | | | T H U R S D A Y | <p>09:00am-10:00am: Senior Fit with Carlie (3/5, 3/12, 3/19, 3/26) \$20</p> <p>09:00am-11:30am: Games: Billiards/Pool</p> <p>10:00am-11:30am: Chorus Rehearsal (3/5, 3/12, 3/19, 3/26)</p> <p>10:00am-12:00pm: Games: Rummikub Creative: Watercolors & Acrylics w/Mary F. \$6/class paid to instructor (2nd & 4th Thursday)</p> <p>10:15am-11:15am: *Yoga w/Deanna \$5.00/wk At the Center OR <u>Join Zoom</u></p> <p>12:30pm-02:30pm: Games: NEW Games: choose a different game each week</p> <p>12:30pm-04:00pm: Cards: Pinochle <i>beginners welcome!</i> Games: Mahjong</p> <p>02:00pm-04:00pm: *†Open Indoor Pickleball (No lessons)</p> | | |
| | | | | F R I D A Y | <p>09:00am-10:00am: Tap Dance—Advanced; (3/6, 3/13, 3/20, 3/27) \$20</p> <p>09:00am-10:55am: Orchestra Rehearsal</p> <p>09:00am-11:00am: Woodcarving</p> <p>10:00am-10:45am: Ballet Class (3/6, 3/13, 3/20, 3/27) \$20</p> <p>10:00am-12:00pm: Games: Dominoes/Mexican Train <i>beginners welcome!</i></p> <p>11:00am-11:45am: Essentrics Aging Backwards (3/6, 3/13, 3/20, 3/27) \$24</p> <p>11:00am-12:30pm: Big Jazz Band Rehearsal [no 3/13]</p> <p>12:00pm-01:30pm: Games: Bingo (3/13, 3/27) TIME CHANGE!</p> <p>12:30pm-04:00pm: Games: 5 Crowns, Mahjong</p> <p>12:45pm-02:30pm: Games: Bingo (3/6, 3/20)</p> <p>01:00pm-02:00pm: Latin Line Dancing with Johnny Martinez (3/6, 3/20) and 1:30-2:30pm (3/13, 3/27) \$15 TIME CHANGE!</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>02:15pm-04:00pm: Games: Indoor Bocce Ball, Ping Pong, and Cornhole</p> <p>02:30pm-03:30pm: *†Healthy Bones for Life 518-884-4110 *WAITLIST ONLY*</p> | |

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| 2 Italian Stew Egg Noodles Warm Apple Crisp Fruit & Nut Mix | 3 Sliced Pork w/Gravy Mashed Potatoes Asparagus Vegetable Medley Peaches | 4 LS Turkey & Swiss on Bun Mayonnaise Potato Salad Marinated Green Beans Brownie | 5 Baked Chicken w/Gravy Mashed Sweet Potato Vegetable Trio WW Dinner Roll Shortbread Cookies | 6 Tuna Noodle Casserole Butternut Squash Broccoli Fruit Cocktail Graham Crackers |
| 9 Turkey Chili Beets Mixed Vegetables Corn Muffin Yogurt | 10 Ranch Chicken Mashed Sweet Potatoes California Blend Vegetables WW Dinner Roll Pears | 11 Hot Dog on Bun Mustard Baked Beans Carrots Applesauce | 12 Beef & Broccoli Rice Pilaf Green & Wax Beans SF Chocolate Pudding | 13 Fish Cake w/Dijon Sauce Au Gratin Potatoes Spinach Mandarin Oranges |
| 16 Chicken Florentine Rice Pilaf Peas & Carrots Applesauce | 17 St. Patrick's Day Special Corned Beef & Cabbage Red Bliss Potatoes Carrots Rye Dinner Roll Green Frosted Cupcake  | 18 Sliced Pork w/Mushroom Cream Sauce Mashed Potatoes Vegetable Trio Pears | 19 Swedish Meatballs Buttered Egg Noodles Mixed Vegetables Mandarin Oranges | 20 Seafood Newburg Rice Pilaf Asparagus Vegetable Medley Corn Muffin Peaches |
| 23 Spanish Beef & Rice Casserole Broccoli Wax Beans Yogurt | 24 Pulled BBQ Chicken on Bun Mashed Sweet Potatoes Brussels Sprouts Shortbread Cookies | 25 Birthday Special  Beef Pot Roast w/Gravy Mashed Potatoes Creamed Corn Frosted Cake | 26 Shepherd's Pie Spinach Warm Cranberry Crunch | 27 Egg Salad on Bun Marinated Carrots Three Bean Salad Mandarin Oranges |
| 30 Chicken Pesto Buttered Pasta Vegetable Trio Fig Cookies | 31 Fiesta Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Corn Muffin Applesauce |  | | |

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, Teuntonica, 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 woodcarving. 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!

the SPOTLIGHT

Class Spotlight

Boxing Fitness with Chris C. Wednesdays @3pm

Beginning 3/18, 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.

Program Spotlight

Garden Club, Wednesdays @10am

Focus on growing vegetables and herbs in our Community Garden beds. You will enjoy learning and working together with other members to seed, plant, maintain, and harvest selected crops for the season. Come and reap the benefits of gardening together and participate in a fun hobby!



Southern Saratoga Art Society proudly presents a Student Art Show for the month of March featuring students from Shen High School. The artwork consists of Painting, Drawing, Mixed Media, Photography and Digital Artwork. Prizes will be awarded in several categories.

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

THANK YOU



*to **Avila Retirement Community** for sponsoring our *Chocolate Extravaganza* and bringing the delicious **We Do Fondue!**

*to our **Entertainment Committee** volunteers who organized and set up the *Chocolate Extravaganza*; and to **Finn** the therapy dog who brought the kisses!

*to all of the **cooks and bakers** who brought in food for our **Mardi Gras potluck!**



DID YOU KNOW?

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 loan out** wheelchairs, seated walkers and other items 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.

Rental: The Clifton Park Senior Center is available for private events Monday through Friday after 4pm, and all day on weekends. Whether you're planning a party, meeting or special occasion, consider renting our space! Tables, chairs and ample parking provided.

We collect food for the local food pantry, used eyeglasses and hearing aids for veterans and others in need—look for receptacles in the vestibule.

CPSCC POLICY: Nonmembers can join us as a guest once per year for free. Although many of our programs are free of charge, members can try almost any *active paid* class the first time at no charge. If you like it, sign up for the month.



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.

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

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

New York Yankee Stadium, Yankees vs. Los
Angeles Angels-Thursday, April 16, 2026



Musical Tribute to Whitney Houston, Resort
World, Monticello - Wednesday, May 13, 2026

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

Raquette Lake Luncheon Cruise on the WW Durant;
visit the Historic Great Camp Sagamore
Wednesday, June 10, 2026

9 to 5 at Mac-Haydn Theatre, Whitestone Cafe
Buffet luncheon - Thursday, July 2, 2026

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



Toss it? No way!

Saturday, March 7, 2026
10:00 a.m. - 2:00 p.m.
Clifton Park Senior Center
6 Clifton Common Blvd



Hosted by the Town of Clifton Park G.R.E.E.N Committee

A Repair Café is a free community event with the goals of repairing broken objects to extend their life, keeping things out of landfills, and fostering an appreciation for the art of repairing things.

Volunteer repair coaches will be available to help residents repair broken items free of charge. Bring your broken, small electronics such as lamps, toasters, vacuums, coffee makers, wood items such as furniture and toys, mechanical non-electric items, clothing and textiles, jewelry and computers with problems.

Our repair coaches will have you stay, watch, and learn how to fix your treasures and possessions.

Limit of two items per household.
Follow RepairCafeCliftonPark on Facebook



Family Owned & Operated
Serving our community
for over 100 years
Conveniently located in
Town Center
518-399-1630

Easy Funeral Pre-Planning
with our trusted team
Learn why families choose
Glenville Funeral Home
by visiting
glenvillefuneralhome.com



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



Your Medicare Coach

Sandra Kahlon, OTR/L
Medicare Coach and Educator

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

No Cost Individual or Group Education

JOIN US FOR PAINTING, STAINED GLASS, & SEWING!


Make something beautiful — together.

518.289.5243
info@innovationcentersaratoga.org
innovationcentersaratoga.org

The Innovation Center at Saratoga
16 Old Stonebreak Road
Malta, NY 12020



SET Yourself FREE...



If cooking and household chores are leaving a bad taste in your mouth, it's time to set yourself free. Coburg Village offers maintenance-free, 55+ living in a warm, welcoming community. We've thought of everything, so you can live your best life!

No buy-in or entry fee.



Schedule your tour today.
(518) 371-5000 | coburgvillage.com
One Coburg Village Way, Rexford, New York 12148



Many senior living residences stand alone.

KingswayCommunity stands out.

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


That's the Kingsway difference.

518-393-8800
kingswaycommunity.com

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

edwardjones.com/findyourrich | Member SIPC

Let's find your rich



Edward Jones

What does it mean to be rich?

Maybe it's less about a magic number and more about discovering the magic in life.

Contact me today, and let's find your rich.



Preet Bassi, CEPA®
Financial Advisor
675 Grooms Rd 206
Clifton Park, NY 12065
518-902-4614

CAT-16762-A-A1-AD © 2025 EDWARD D. JONES CO. ALL RIGHTS RESERVED. AECSPAD 25549552

Ask me about **MEDICARE**

No Cost Medicare Benefits Reviews – Medicare Supplement Plans
 Dental & Vision Plans – Access to Multiple Carriers
 Service & Support When You Need it



Chandler Insurance Services

Albany NY

Insurance Benefits Specialist
 Licensed in NY, NJ, MA, SC, GA
www.chandlerinsuranceservices.com

For a free Benefits Assessment call Sonya Chandler • 518-364-0162



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.



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

518-382-8187

kingswaycommunity.com



Charles F. Gordon III, MD
 CEO & Founder
 New York Pain Management



Live Pain Free

Don't let pain follow you into the new year.

This holiday season, focus on what really matters—time with family, favorite traditions, and feeling your best. New York Pain Management offers proven regenerative and non-opioid treatment options to help you move, feel, and live better.

Schedule your consultation today and give yourself the gift of lasting relief.

Call to schedule a consult at 518-371-0777



OB1 Insurance
 15 Clifton Country Rd
 Clifton Park, NY 12065

Medicare
 Life
 Long Term Care

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

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

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

“How can I save money on prescriptions, plan premiums, copays?”

“How do I get more coverage?”

“What extra benefits am I entitled to?”

Call or email for a free no obligation consultation today with a local licensed insurance agent at -

518-661-6300

info@ob1insurance.com

ob1insurance.com

facebook.com/ob1insurance

“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



Peregrine
SENIOR
LIVING

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

Communities in the Albany Area

Peregrine Clifton Park
Memory Care with Enhanced Services
518-371-2200

Peregrine Colonie
Memory Care with Enhanced Services
518-456-4500

Peregrine Crossgate
Independent Living & Assisted Living
518-869-0211

Peregrine Delmar Place
Assisted Living
518-434-4663

Peregrine Guilderland
Assisted Living & Memory Care with Enhanced Services
518-218-0506

Peregrine Shaker
Assisted Living & Memory Care with Enhanced Services
518-465-4444

peregrineseniorliving.com

A TRADITION OF SUPERIOR CARE IN
Assisted Living & Enhanced Assisted Living

Our enhanced assisted living offers:

- Physical assistance with ambulation and transferring
- Assistance with ADLs including bathing, showering, & feeding
- Medication management and skilled nursing tasks
- Blood glucose monitoring
- Catheter/Foley care



MALTA | WILTON SARATOGA | MOREAU
homeofthegoodshepherd.com



**Bank
Anywhere,
Anytime.**



capitalbank.com
(800) 836-3711



**TOWNLEY & WHEELER
FUNERAL HOME**



*Big enough to accommodate,
Small enough to care.*



KATHLEEN LOWES SANVIDGE
Owner & Licensed Funeral Director

Proud to be the only New York State
"Women Business Enterprise" certified funeral home.

Trusted stewards of faith and guidance,
here for your arrangement needs, any day, any time.

**TOWNLEY & WHEELER
FUNERAL HOME**

21 MIDLINE ROAD · BALLSTON LAKE, NY
TOWNLEYWHEELERFH.COM | 518-399-5022



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

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



OVERWHELMED WITH DOWNSIZING?
The Power of Two connects you with trusted resources – from here to there, with care.



SANDRA SERAFINI
REAL ESTATE SALESPERSON, SRES
Call/Text: (518) 376-8344
SandySerafini@yahoo.com

JANET WHEELER
REAL ESTATE SALESPERSON, SRES
Call/Text: (518) 847-7747
JanetWheelerRES@gmail.com



Marshall Associates
Since 1989 Financial Professionals

Financial Planning, Investments, Insurance & Tax Preparation

TAX PREPARATION NOW AVAILABLE!!



518-383-3739


Visit our website...
www.MarAssoc.com
★
Marshall@MarAssoc.net
★
6 Sage Court
Clifton Park, NY 12065

Securities and Investment Advisory Services offered through LPL Financial, Member FINRA/SIPC. Tax Preparation services & Insurance products offered through Marshall Associates. None of the named entities are affiliated. LPL Financial does not offer tax advice. vs-LPL


RAVENSWOOD

“You’re Always Home at The Wood”

Tavern, Bar, Grill, Catering & Banquets
1021 Rt 146 Clifton Park NY 12065
Phone: 518-371-8771 Ravenswoodpub.com
Email: ravenswoodpub@outlook.com



“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
RETIREMENT COMMUNITY

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

Need a Medicare plan with dental?

Call Audrey at (518) 641-5756.



A plan for life.



Capital District Physicians’ Health Plan, Inc.
CDPHP Universal Benefits,® Inc.
Y0019_24_25860_C



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

TO: CURRENT OCCUPANT OR

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.