



Clifton Park Senior Community Center NEWSLETTER

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

APRIL 2026

CENTER HOURS
Monday-Friday, 9am-4pm

WHAT'S NEW?

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.

Send in your High School photos!
We're celebrating seniors in May with a Senior Prom; send in your graduation, prom, athletic, etc. pictures to display on our TV through the month of May; and mark your calendars for a night of dinner and dancing on May 20th.

Yellow Ribbon Day Ceremony
A day to remember our troops and collect donations for Blue Star Mothers
Thursday, April 9 @11am
Town of Halfmoon, Town Hall

DID YOU KNOW?
The Clifton Park Senior Community Center is home to New York State's second largest bee colony; housed in our basement, our bee factory supplies a quarter of the state's honey!
(Just foolin'! Happy April Fool's Day!)

VOLUNTEER CORNER
Sign up at the Front Desk

Event Set Up
Dinner set up, serve & cleanup
Weds, April 15 @3:30pm

APRIL DINNER
WEDNESDAY, APRIL 15 @5PM

MENU BY MARIA'S CAFE & CATERING

- CHICKEN MARSALA
- ROASTED POTATOES
- GREEN BEANS
- SALAD & DINNER ROLLS
- CUPCAKES

\$15 MEMBERS ONLY
4 TIX/PERSON




SIGN UP BEGINS WEDNESDAY, APRIL 1

Controlled CHAOS
IMPROV COMEDY SHOW
Wednesday, April 1 @10am
Registration required. FREE. Sponsored by Saratoga Co. Dept. of Aging
All Are Welcome! Membership not required.

Birthday Bash Service Project & Party!
Tuesday, May 19 @10:30am
Join us for a birthday celebration—we will decorate bags and fill them with collected supplies to give children the party they might not have had otherwise! Bags will be donated to the food pantry.
Look for the collection box in the lobby. We need: Cake mixes, frosting & candles; Small toys or games; Colorful paper products: cups, plates, napkins
New and unused items only. Partial packages are fine.





MEET THE BUNNIES
with Hop on Home Rabbit Sanctuary
Learn about this volunteer run organization and their efforts to educate the public, care for bunnies, and adopt them out to loving families...and meet the bunnies!
Thursday, April 16 @12:30pm
Registration required. FREE.

CHECK PAGE 7 FOR TRIP INFORMATION!

Wednesdays in April NEW!	10:00am-12:00pm	*Memories to Memoirs: a writing workshop for adults who would like a gentle, supportive atmosphere and thought-provoking assignments. Stories submitted at the end of the workshop are bound into a booklet and added to Clifton Park-Halfmoon-Library's book collection. Registration required. FREE.
Wednesdays in April 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)
Wednesday, April 1 & 15	1:00pm-3:00pm	Free Computer Evaluation: with Kirk F.; is your laptop running slow? Need data backup or repair? Or do you have a general question? Bring it in for a free evaluation! Registration required. FREE.
Wednesday, April 1	10:00am-11:00am	*Controlled Chaos Improv Comedy Show: April Fools Day performance of on-the-spot comedic improv scenes inspired by audience suggestions! You're guaranteed to laugh with the oldest improv troupe (by average age!) in the Capital Region. Registration required. FREE. (sponsored by Dept. of Aging)
Thursday, April 2	10:00am-12:00pm	*To Love a Child Project: 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. Registration required, but sewing skills are not!
Tuesday, April 7	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. 
Thursdays April 9, 16, 23, 30 NEW!	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. The most fun you'll have sitting in a chair! Registration required. FREE. (sponsored by Dept. of Aging)
Friday, April 10	1:00pm-2:30pm	*Creative Jewelry Design: Samples on display at the front desk. Registration required. FREE. (sponsored by Dept. of Aging)
Tuesday, April 14	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.
Wednesdays, April 15-June 17	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. Registration Required. FREE. (sponsored by )
Thursday, April 16	12:30pm-1:30pm	Meet the Buns: with Hop on Home Rabbit Sanctuary, a non-profit rabbit education, care, and adoption organization; meet the team and meet their rabbits! Registration required. FREE.
Tuesday, April 21	10:30am-12:00pm	Book Club: Participate in a discussion on <i>The View from Lake Como</i> by Adriana Trigiani
Thursday, April 23	10:00am-11:00am	CPSCC Golf League Registration Meeting: Kick off the season at this first meeting! We are looking for new golfers to join this active league that golfs Thursdays at 7:30am, Barney Road. (Sponsored by )
Thursday, April 23	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.
Wednesday, April 24 NEW!	12:00pm-4:00pm	Reiki Session: with Jackie from Heart and Mindfulness; try this form of gentle energy work, used for hundreds of years to relieve stress and decrease pain; help calm your mind, ease pain in your muscles and joints, and help bring some quiet mindfulness into your day. Members should register to be entered into a lottery for one of the 8 FREE 20 minute sessions.
Monday, April 27	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, April 28	10:30am-11:30am	Graceful Aging Matters: a discussion with Chuck Oakes, local author, model, entertainer and <i>aging advocate.</i> Lets talk about speedbumps, potholes, and detours associated with aging. Come prepared to share your challenges and develop suggestions for others. Registration required. FREE.
Wednesday, April 29	11:00am-12:00pm	Dulcimer Concert: live music from the CPSCC Dulcimer Consort; enjoy this ensemble of the Mountain Dulcimer, a stringed instrument with Appalachian origins. Ice cream reception to follow. FREE.
Fridays, May 1, 8, 15, 22, 29 NEW!	9:30am-11:30am	*Woodcarving: create a Comfort Songbird 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. Keep it or share it with someone who needs a bit of comfort. <i>Tools provided.</i> Registration required. FREE. (Dept. of Aging)
Tuesday, May 5	1:30pm-3:00pm	Collette Trip Presentation: Where do you want to go in 2027-28? Listen to options and help us decide where we go next! Registration required. FREE.
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 (4/6, 4/13, 4/20, [no 4/27]) \$15</p> <p>09:45am-12:00pm: Discussion Group</p> <p>10:00am-10:45am: Jazz Dance (4/6, 4/13, 4/20, [no 4/27]) \$15</p> <p>10:00am-11:00am: Chair Yoga (4/6, 4/13, 4/20, 4/27) \$28</p> <p>10:00am-12:00pm: Bocce Ball—Outdoor</p> <p>11:00am-01:00pm: Beginner & Intermediate Clogging (4/6, [no 4/13], 4/20, [no 4/27]) \$14</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 (4/6, 4/13, 4/20, 4/27) \$15</p> <p>01:00pm-03:00pm: Quilting Group</p> <p>02:30pm-03:30pm: Chair Yoga (4/6, 4/13, 4/20, 4/27) \$28 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>09:00am-10:00am: *Yoga w/Deanna \$5.00/wk. At the Center OR <u>Join Zoom</u> TIME CHANGE!</p> <p>10:00am-12:00pm: Cards: 5 Crowns</p> <p>10:15am-11:15am: QiGong with Rob (4/7, 4/14, 4/21, 4/28) \$28</p> <p>10:30am-12:00pm: Adult Coloring</p> <p>11:30am-03:00pm: *Cards: Duplicate Bridge Group—Sanctioned \$8.00/week</p> <p>12:30pm-03:30pm: Games: Beginner Mahjong, Scrabble Cards: Hand & Foot beginners welcome!</p> <p>01:00pm-03:00pm: Games: Poker, Chess beginners welcome!</p> <p>01:00pm-03:00pm: Creative: Open Studio Painting (1st & 3rd Tuesday; 4/7, 4/21)</p>	<p>Ice Skating at Capital Arena Tuesdays 11am-12pm \$5/week pd. at ice rink, <i>includes skates</i></p> <p>Come enjoy a day at the Southern Saratoga YMCA every 1st and 2nd Wednesday of the month! Just show your CPSCC Card!</p>
W E D N E S D A Y	<p>09:00am-10:00am: Exercise to Tape</p> <p>09:00am-11:30am: Games: Billiards/Pool</p> <p>09:30am-12:00pm: Investment Club (2nd & 4th Wednesday; 4/8, 4/22)</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: Special Weekly Session in April with Mary Shartle!</p> <p>10:30am-11:30am: Meditation (2nd & 4th Wednesday; 4/8, 4/22) \$14</p> <p>11:00pm-01:00pm: Indoor Ping Pong</p> <p>12:00pm-02:00pm: Bowling at <i>Spare Time</i> \$12/week shoes, 2 games, and pizza w/beverage</p> <p>12:30pm-04:00pm: Games: Mahjong</p> <p>01:00pm-01:45pm: *MVP Zumba Gold Toning (4/15 through 6/17) FREE!</p> <p>01:00pm-04:00pm: Games: Poker</p> <p>01:00pm-04:00pm: Creative: Knitting and Crocheting</p> <p>01:30pm-02:30pm: Country Line Dance with Linda (4/1, 4/8, 4/15, 4/22, 4/29) \$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 (4/1, 4/8, 4/15, 4/22, 4/29) FREE!</p>	<p>Indoor Pickleball @ YMCA Thursdays 12:15-2:45</p>
T H U R S D A Y	<p>09:00am-10:00am: <i>Senior Fit</i> with Carlie (4/2, 4/9, 4/16, 4/23, 4/30) \$25</p> <p>09:00am-11:30am: Games: Billiards/Pool</p> <p>10:00am-11:30am: Chorus Rehearsal</p> <p>10:00am-12:00pm: Games: Rummikub</p> <p>10:00am-12:00pm: Creative: Watercolors & Acrylics w/Mary F. \$6/class paid to instructor (2nd & 4th Thursday; 4/9, 4/23)</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 beginners welcome! Games: Mahjong</p> <p>02:00pm-04:00pm: *†Open Indoor Pickleball (No lessons)</p>	<p>Indoor Pickleball @ YMCA Thursdays 12:15-2:45</p>
F R I D A Y	<p>09:00am-10:00am: Tap Dance—Advanced; ([no 4/3] 4/10, 4/17, 4/24) \$15</p> <p>09:00am-10:55am: Orchestra Rehearsal (new members can join us in September)</p> <p>09:00am-11:00am: Woodcarving</p> <p>10:00am-10:45am: Ballet Class ([no 4/3] 4/10, 4/17, 4/24) \$15</p> <p>10:00am-12:00pm: Games: Dominoes/Mexican Train beginners welcome!</p> <p>10:00am-12:00pm: Bocce Ball—Outdoor</p> <p>11:00am-11:45am: Essentrics Aging Backwards (4/3, 4/10, 4/17, 4/24) \$24</p> <p>11:00am-12:30pm: Big Jazz Band Rehearsal</p> <p>12:30pm-04:00pm: Games: Mahjong Cards: 5 Crowns</p> <p>12:45pm-02:30pm: Games: Bingo</p> <p>01:00pm-02:00pm: Latin Line Dancing with Johnny Martinez (4/3, 4/10, 4/17, 4/24) \$15</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: Games: 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-APRIL 2026
GATHER & DINE/HOME DELIVERED MEALS 518-363-4020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Easter Special LS Ham w/Cranberry Mustard Sauce Au Gratin Potatoes Glazed Baby Carrots Dinner Roll Frosted Lemon Cake 	2 Beef Pepper Steak Rice Pilaf Asian Style Vegetables WW Dinner Roll Mandarin Oranges	3 Eggplant Parmesan Pasta w/Marinara Sauce Broccoli Yogurt
6 Cubed Pork & White Bean Casserole Spinach Warm Cranberry Crunch	7 Turkey Divan Mashed Potatoes Butternut Squash Applesauce	8 Meatballs in Sauce Pasta w/Sauce Broccoli Fruit Cocktail	9 Chicken A La King Rice Pilaf Brussels Sprouts WW Dinner Roll Mandarin Oranges	10 LS Ham & Swiss on Bun Mustard Coleslaw Pea Salad Brownie
13 Meatloaf w/Gravy Mashed Sweet Potatoes Asparagus Vegetable Medley Shortbread Cookies	14 Ranch Chicken Brown Rice Pilaf Vegetable Trio WW Dinner Roll Pears	15 Sliced Pork w/Gravy Mashed Potatoes Beets Mandarin Oranges	16 Italian Stew Egg Noodles Spinach WW Dinner Roll Yogurt	17 Chicken Noodle Casserole Broccoli Warm Apple Crisp Graham Crackers
20 Turkey Chili Beets Mixed Vegetables Corn Muffin Yogurt	21 Beef Pot Roast w/Gravy Mashed Potatoes Brussels Sprouts Fruit Cocktail	22 Seafood Salad on Bun Macaroni Salad Marinated Carrots Pears	23 Pasta Bake w/Meat Sauce Broccoli Wax Beans Fig Cookies	24 Baked Chicken w/Gravy Mashed Sweet Potatoes Vegetable Trio Peaches
27 Salisbury Steak w/Gravy Mashed Potatoes Butternut Squash Applesauce	28 Chicken Florentine Rice Pilaf Peas & Carrots Mandarin Oranges	29 Birthday Special Sliced Pork w/Mushroom Cream Sauce Red Bliss Potato Asparagus Vegetable Medley Frosted Cake 	30 Swedish Meatballs Buttered Egg Noodles Broccoli Peaches	

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 \$4 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,**

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

AllWays Dancing with Studio One Dance Thursdays @11:30am

Movement is for everyone! Studio One specializes in bringing adaptive dance classes to seniors including those that may have mobility challenges. Inclusive, chair-based programs blend creativity, fitness, and fun while inspiring joy, promoting well-being, and creating meaningful connections through movement. Celebrate the power of dance and yoga to uplift, energize, and transform lives—one class at a time. Let's move together!

Program Spotlight

Woodcarving, Fridays @9am

We will have instructors leading 2 projects in May: a Comfort Songbird and Bunny. In 1982 Frank Foust started a movement of creating a small token to pass on kindness and comfort to those in need. Make one for yourself or pass it on to someone who needs comfort.

Join others of all experience levels, weekly, in this open-studio session; bring your own carving or wood burning project, or start a new one using our carving tools!

Where do you want to go ?

CLIFTON PARK SENIOR COMMUNITY CENTER

Southern Charm, S. Carolina and Georgia
w/Collette - April 7-13, 2026

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

sponsored by *Home of the Good Shepherd*

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; Wednesday, June 10, 2026

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

NYC Ballet, Saratoga Performing Arts Center & Hall of Springs Luncheon - Friday, July 10, 2026

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

Country Hoedown & BBQ, Classic & New Country Music at Riverview Inn - Wednesday, August 12, 2026

Mirror Lake Inn Resort & Murder Mystery in Lake Placid, NY - September 9-10, 2026

Lake George Dinner Theater, "The 39 Steps" & Outlet Shopping - Weds, October 7, 2026



DID YOU KNOW?

CLICK HERE on CliftonParkNY.gov to receive our monthly email with trip and class updates—you don't want to miss out!



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.



Southern Saratoga Art Society proudly presents the "Annual Photography Show" to be held in the Gallery at the Clifton Park Senior Community Center during the months of April and May, 2026.

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

THANK YOU

*to **Home of the Good Shepherd** for another delicious dinner; to **DJ Mark Hersh** for entertaining us; and to our **amazing volunteers** for setting up, serving, and cleaning up!



*to **Peregrine Senior Living** for bringing our sausage patty breakfast to our St. "Patties" Day breakfast! And to **Ken Blatt** for singing our favorite Irish tunes!

We would like to extend our sincere appreciation to **Annie Brassard** for generously providing complimentary massages to our members over the past six months!

*to **Stewart's Shops** for the ice cream donation for our Orchestra Concert!



*to all of the **volunteer bakers** who brought in treats for our Jazz Band Concert!

Thank you to our wonderful Sponsors and Advertisers:



Active Therapeutic Massage and Wellness
Annie Brassard - LMT
 952 Rte. 146, Ste. #3
 Clifton Park, NY
518-357-3521
 Online booking available
www.activetherapeuticmassageandwellness.com

We would like to thank **Mary and Tom Fron** for their generous donations of baked goods throughout the year. Your delicious contributions have brought joy and added a special touch to many of our events. Thank you for your kindness, partnership, and commitment to our community.


Dolce and Biscotti Italian Bakery
Mary C. Baldi-Fron - Owner/Executive Chef




Parkwood Plaza
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- Peregrine Delmar Place**
Assisted Living
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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!

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CEO & Founder
New York Pain Management



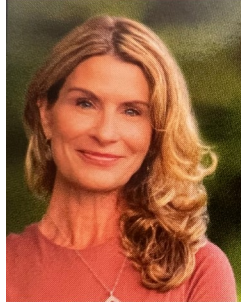
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CONTACT US FOR MORE INFORMATION: 518-383-1343.

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Director
Since 2017



Shirley Roberts
Clerk
Since 2006



Bill Torres
Recreation Attendant
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Stacie Agostino
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6 Clifton Common Court
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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.