



Clifton Park Senior Community Center NEWSLETTER

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

MAY 2026

CENTER HOURS

Monday-Friday, 9am-4pm

CLOSED

Memorial Day

Monday, May 25

WHAT'S NEW?

To receive newsletter emails:
CliftonParkNY.gov/subscribe
and add yourself to our email list.

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

Senior Center Wish List

Puzzles 300/500 piece
Old Towels-all sizes
Heavy Duty Shelving unit

OFFICE HOURS

3rd Wednesday of the month

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

Vote for King and Queen!

We're celebrating seniors in May
with a Senior Prom;
vote for the CPSCC
Prom King and Queen in the lobby
through the month of May, and mark
your calendars for a night of dinner
and dancing on May 20th

VOLUNTEER CORNER

Sign up at the Front Desk

Event Set Up & Cleanup

Mothers Day Tea

Monday, May 11 @11:00am

Birthday Bash Service Project

Tuesday, May 19 @10:00am

Senior Prom & Dinner

set up, serve & cleanup

Weds. May 20 @3:30pm

May Senior Prom

WEDNESDAY, MAY 20 @5PM

\$15 || Members only

MENU by *Home of the Good Shepherd*

Cesear Salad

Chicken Francese

Buttered Green Beans

Garlic Mashed Potatoes

Rolls and Mini Cannoli

We Do Fondue

Go With the FLOW!

ENTERTAINMENT

DJ Mark
Hersh of



Sign up begins Friday, May 1

 **CARE LINKS SENIOR EXPO**
Clifton Park Center

FRIDAY, MAY 1 | 10AM-2PM

Discover resources for
senior citizens from local
businesses and
organizations

Mother's Day Tea

Monday, May 11 @11:30am

Bring your favorite teacup for this
tea tasting service brought to us by



Peregrine
SENIOR
LIVING
at CLIFTON PARK



DIVINITEA
CERTIFIED ORGANIC TEA



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.



CHECK PAGE 5 FOR TRIP INFORMATION!

*Membership not required.

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. Registration required. FREE. (Dept. of Aging)</i>
Thursdays May 7, 14, 21, 28 NEW!	11:30am- 12:15pm	*CHAIR DANCING—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. (Dept. of Aging)
Wednesdays, May 6 - 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 
Wednesdays, May 6 & 20 NEW!	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.
Wednesdays in May 6, 13, & 27 May 20 ,No Class 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. (Dept. of Aging)
Thursdays, May 7 June 4	9:30am- 11:30pm	*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!
Friday, May 8 & 22	1:00pm- 2:30pm	*Creative Jewelry Design: Memory Wire Necklace— May 8th -Samples on display at the front desk. Registration required. FREE. (Dept. of Aging)
Monday May 11	11:30pm- 2:00pm	Mother's Day Tea Bring your favorite teacup for this tea tasting brought to us by Divinitea, Rt 9 Clifton Park. Light snacks will be served Registration required. FREE
Tuesday, May 12	9:00am- 11:00am	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.
Tuesday, May 12	1:30pm- 3:00pm	*Collette Trip Presentation: Where do you want to go in 2027-2028? Where do we go next! Registration required.
Wednesday, May 13	11:30am- 1:00pm	"Lunch & Learn: Let's Talk About It Now" Townley & Wheeler Funeral Home -Kathleen A. Lowes, licensed funeral director & owner (30 years)—an informative and thoughtful presentation focused on the importance and benefits of pre-planning. Kathleen brings both professional expertise and compassionate understanding to this important topic. Registration required. FREE
Thursday, May 14	1:00pm	*Chorus Concert Live entertainment with the Centers' very own Chorus.  Ice Cream reception to follow. FREE
Friday, May 15	1:00pm	*Orchestra Concert: Live Entertainment with the Centers' very own Orchestra.  Ice Cream reception to follow. FREE
Monday, May 18	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, May 19	10:30am- 12:00pm	Book Club: May Book—The Midnight Library by Matt Haig— Participate in a discussion. Books not provided. June Book—Learning to Swim by Sara J Henry
Wednesday May 20	11:30am- 1:00pm	*Lunch & Learn: NY Pain Management with Charles F Gordon III, MD Don't let chronic pain impact what really matters—time with family, favorite traditions, and feeling your best. Learn about proven regenerative and non-opioid treatment options to help you move, feel, and live better. Registration required. FREE
Fridays, May 22 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 sessions. Fourth Friday. Registration required. FREE
Wednesday May 27	11:30am- 12:30pm	*Home Fit -Aging in place specialist Lauren Harrington, will describe various ways seniors can make their homes safer and easier to manage. Light refreshments following the presentation. Registration required. FREE Sponsored by Shen Neighbors Connecting.
Thursday, May 28	9:00am- 4:00pm	*Defensive Driving Course: \$32, check payable to Armand Canestraro. Registration required.
Thursday, May 28	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.

M O N D A Y	<p>09:00am-10:00am: Tap Dance [no 5/25] \$15</p> <p>09:45am-12:00pm: Discussion Group</p> <p>10:00am-10:45am: Jazz Dance [no 5/25] \$15</p> <p>10:00am-11:00am: Chair Yoga [no 5/25] \$21</p> <p>10:00am-12:00pm: Bocce Ball—Outdoor</p> <p>11:00am-01:00pm: *†Beginner & Intermediate Clogging [no 5/11, 5/25] FREE!</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 [no 5/25] \$15</p> <p>01:00pm-03:00pm: Quilting Group</p> <p>02:30pm-03:30pm: Chair Yoga [no 5/25] \$21</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></p> <p>10:00am-12:00pm: Cards: 5 Crowns</p> <p>10:15am-11:15am: QiGong with Rob \$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; 5/5, 5/19)</p>	<p style="background-color: #d9ead3; padding: 5px; border: 1px solid #ccc;">Ice Skating at Capital Arena Tuesdays 11am-12pm \$5/week pd. at ice rink, includes skates</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; (5/13, 5/27)</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</p> <p>10:30am-11:30am: Meditation (2nd & 4th Wednesday; (5/13, 5/27) \$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>12:30pm-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 \$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 FREE! NEW!</p>	<div style="display: flex; align-items: center;">  <div style="background-color: #d9ead3; padding: 10px; border: 1px solid #ccc; border-radius: 10px;"> <p>Come enjoy a day at the Southern Saratoga YMCA every 1st and 2nd Wednesday of the month! Just show your CPSCC Card!</p> </div> </div> <div style="background-color: #d9ead3; padding: 10px; border: 1px solid #ccc; border-radius: 10px; margin-top: 10px;"> <p>Indoor Pickleball @ YMCA 1st & 2nd Wednesdays 12:15-2:45</p> </div>
T H U R S D A Y	<p>08:00am-11:30am: Golf Barney Rd (\$12 at Barney Rd)</p> <p>09:00am-10:00am: Senior Fit with Carlie \$20</p> <p>09:00am-11:30am: Games: Billiards/Pool</p> <p>10:00am-11:30am: Chorus Rehearsal – Concert 5/14 1pm (new members can join us in September)</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; 5/14, 5/28)</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>	
F R I D A Y	<p>09:00am-10:00am: Tap Dance—Advanced; \$25</p> <p>09:00am-10:55am: Orchestra Rehearsal – Concert 5/15 1pm (new members can join us in September)</p> <p>09:00am-11:00am: Woodcarving</p> <p>10:00am-10:45am: Ballet Class \$25</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 \$30</p> <p>11:00am-12:30pm: Big Jazz Band Rehearsal – Concert 6/5pm (new members can join us in September)</p> <p>12:30pm-04:00pm: Games: Mahjong Cards: 5 Crowns</p> <p>12:45pm-02:30pm: Games: Bingo (5/1, 5/8, 5/22, 5/29) 12:00-1:30pm (5/15) TIME CHANGES!</p> <p>01:00pm-02:00pm: Latin Line Dancing with Johnny Martinez (5/1, 5/8, 5/22, 5/29) 1:30-2:30pm (5/15) \$20</p> <p>01:00pm-02:30pm: *†Jewelry Making (2nd Friday: organized project, see front desk; 4th Friday: BYO project) (5/8, 5/22)</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>	

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Witecki Law Office

8 South Church Street
Schenectady, NY 12305
518-372-2827
www.WiteckiLaw.com

Glenn Witecki provides in-person, free consultations, the 3rd Thursday of **every other month** at the Clifton Park Senior Center (9:00 a.m. – 12:00 p.m.), or in his office any time (evening hours available).

If you are looking for guidance beyond “standard estate planning,”

Glenn can help!

Glenn has been practicing law for 36 years and can help you plan by answering critical questions, including: How can I protect my house if I go into a nursing home?

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Charles F. Gordon III, CEO & Founder

**May 20, 2026
11:30AM to 1:00PM**

Refreshments will be provided.

Clifton Park Senior Community Center
6 Clifton Common Blvd
Clifton Park, NY, 12065

We welcome family, friends and care providers to attend.

MA-REG21-AA-12618

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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.



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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.

Where do you want to go?

<i>Live Gaming & a Musical Tribute to Whitney Houston, Resort World, Monticello</i>	<i>Wed, May 13</i>
<i>Grand Hawaiian Adventure, four island tour w/Collette</i>	<i>May 21-June 2</i>
<i>Raquette Luncheon Cruise on the WW Durant and visit the Great Sagamore Camps</i>	<i>Wed, June 10</i>
<i>Mac-Haydn Theatre '9 to 5' w/ Dolly Parton music and Whitestone Café Buffet</i>	<i>Thursday, July 2</i>
<i>NYC Ballet, Saratoga Performing Arts Center & Hall of Springs Luncheon</i>	<i>Friday, July 10</i>
<i>Discover Mackinac Island and the Great Lakes Region w/ Collette</i>	<i>August 1-9</i>
<i>Country Hoedown & BBQ, Classic & New Country Music at the Riverview Inn</i>	<i>Wed., August 12</i>
<i>Mirror Lake Inn Resort & Murder Mystery, Lake Placid, NY</i>	<i>September 9-10</i>
<i>Lake George Dinner Theater, 'The 39 Steps' & Outlet Shopping</i>	<i>Wed., October 7</i>

the SPOTLIGHT

Class Spotlight

Clogging with Fran B. Mondays @ 11:00am

As immigrants settled in the Appalachian Mountains, they brought their native dances—clogging emerged from a mixture of Irish jigs, English country dances, German, Cherokee and African dances! It 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.

Program Spotlight

Book Club

Tuesdays @10:30am

Book clubs provide a structured, social space for readers to discuss a shared book, analyze themes, characters, and plot points. Read and participate in discussions on these books:

May 19—The Midnight Library by Matt Haig

June 16—Learning to Swim by Sara J Henry.

Books not provided

Class Spotlight

Chair Dancing to 70's Music!

Always Dancing with Studio One Dance

Thursdays @11:30am

Movement is for everyone! We specialize in bringing dance classes to seniors including those that may have mobility challenges. Inclusive, chair-based programs blend creativity, and 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

Scrabble

Casual, Tuesdays @12:30pm

Strategic, Fridays @1:30pm

Mix strategy, vocabulary, and a little bit of luck with this popular board-and-tile game. Learn the rules and use guides to help with tactical plays on Tuesdays; play competitively, abiding by official rules and using defensive and offensive plays on Fridays.

THANK YOU

to our Member Volunteers:

**for our wonderful Dulcimer Concert*

**to Hop on Home Rabbit Sanctuary for bringing the bunnies in to the center*

**to Chuck Oaks for the Graceful Aging*

**to Kirk who is once again assisting with our senior Computer Evaluations.*

**to Maria's Café & Catering for another amazing dinner; and to our wonderful volunteers:*

Kathy, Monsy, Pat, Barbara, John and Peggy for Dinner setup, serving and cleanup.

**to our FASHION SHOW committee lead by Linda Novak. Roslyn S, Donna R, Shirley R, Mary Q, Carmina M, Gigi L, Kathuryn G, Donna D, Sharon D, Patti B, Terry B, Marilynn B.*

Commentator: Stacie A.

Hair & Make Up: Autumn T.

Models included: Lillian T, Paula P, Carmina M, Donna D, Toni C, Mark A.

FASHION SHOW Donors: Glennpeter Jewelers, Planet Fitness, Hannaford, LaFiesta Restaurant, Lowes, Sky Zone, Bella Napoli, Bowman's Orchard, Dog Huse, Jacks Liquor, Buffalo Wild Wings, Caputo's Pizzeria, Cracker Barrel, Dunkin Donuts, El Charro, Elite Nail Spa, Emma Jayne's Restaurant, Five Guys, Halfmoon Liquor, Hallmark, Heaven & Earth Gift Shoppe, IHOP, Laine's Café, Market 32, Lin's Wok, Maurices, Paesan's Pizza, 110 Grill, 16 Handles, 30 Park Restaurant, 76 Latham Diner, Babe's Café, Nothing Bundt Cakes, Mechanicville Country Living Center, On the Hill Café, Outback Steakhouse, Pastore's Green Grocer, Ravenswood, Red Robin, Sake Bon, Scarborough, Shing Fung Chinese, Spritz Car Wash, Tai Pan, Target, The Works Café, Walmart, Wheatfields, Upper Crust Pizza, Venezia Pizza, Vischer Ferry General Store.

***DID YOU KNOW?!**

The Clifton Park Senior Center is available for private events Monday through Friday after 4pm, as well as all day on weekends.

Whether you're planning a party, shower, business meeting, or another special occasion, consider renting our versatile space. We offer rooms suitable for intimate gatherings or groups exceeding 100 guests. Tables, chairs, and ample parking provided.

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

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 more.

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.

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