



Clifton Park Senior Community Center NEWSLETTER

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

JUNE 2026

CENTER HOURS

Monday-Friday, 9am-4pm

CENTER CLOSURE:

Juneteenth: Friday, June 19th

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.

WELCOME!

Donovan is home!
Stop by and say hello.



Donovan served with the Senior Center from 2017 to 2023 and has continued his dedication through his work with the Department of Aging. After a short time away, he has returned to the place he truly calls home.

VOLUNTEER CORNER

Sign up at the Front Desk

Friday, June 5 Bake some goodies for the
Jazz Band Concert

Event Set Up & Cleanup:

Wednesday, June 17 Dinner Volunteers

June 18th Wine & Cheese Party,

June 25th Dads & Dogs

Service Project Volunteers -See pg 2 June 4

JUNE DINNER

OUTDOOR BBQ

SPONSORED BY:

\$15

 Members Only*
*4 tix/member

Wednesday, June 17th at 5pm

BBQ Chicken Breast & Baked Potato

Coleslaw, Dinner Roll, Brownie

ENTERTAINMENT BY:



DJ ERNIE APISA
TRI-CITY ILLUSION

BROUGHT TO US BY:



Bring your own chair!

SIGN UP BEGINS ON JUNE 1ST

Big Jazz

Band Concert

Friday, June 5 at 1:00pm

Baked goods refreshments to
be served after!

Let us know at the front desk if you can bake for us!



DADS AND DOGS

POTLUCK



Ladies please sign up and bring a dish to share. Guys, come and enjoy a great picnic! We'll play some old timey games and have some fun! Bring your own chair.

Supplied by:

THURSDAY, JUNE 25 11:30AM



WINE, CHEESE, AND CHOCOLATE PARTY

Thursday, June 18 11am-12pm



Home of the
Good Shepherd

Celebrate National

Cheese Day with
us and our
sponsor:

Home of the Good

Shepherd

(NON-ALCOHOLIC WINE OF COURSE)



REGISTRATION REQUIRED

Sign up at the front desk today!

CHECK PAGE 5 FOR TRIP INFORMATION!








Space is Limited. Some events require Advanced Registration. To sign up, call the Center at 518-383-1343

*indicates membership not required

Wednesday, June 3	10:00am- 11:00am	*Hearing Loss Presentation: with Hearing Loss Association of America: Join us to learn about living with hearing loss and how to adapt, about technology and devices to improve communication, hearing aides and cochlear implant options. Registration required. FREE
Wednesdays, June 3, 10, 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, June 3, 10, 17, 24 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. \$20/month
Wednesdays, June 3 & 17	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
Thursday, June 4	9:30am- 11:30am	*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!
Thursdays, June 4, 11, 18, 25 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. \$20/month
Fridays, June 5, 12, 26	9:30am- 11:30am	*Woodcarving: Create a Comfort Bunny with Gail. Learn the basics and carve a small bunny 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. Max 8 people.</i> Registration required. FREE (Dept. of Aging)
Tuesday, June 9	9:00am- 11:00am	Light Mending with Patti: Drop In, Drop Off, Pick Up later; 2-3 items bagged, with your name, phone number and what needs to be mended—bring supplies if needed (buttons, etc.). No alterations. Laundered Clothing Items Only.
Tuesday, June 9	1:00pm- 2:00pm	*Gracefully Aging with Chuck: Chuck Oakes returns to host a special senior support series. Members helping members better cope with aging. Questions?-- 518-280-6077 Registration required. FREE
Wednesday, June 10	9:00am- 12:00pm	Come Rest and Restore: Massages with Annie Brassard of Active Therapeutic Massage and Wellness. Members should call June 3rd to be entered into a lottery for one of the 4 FREE 15-20 minute massages!
Fridays, June 12 & 26	1:00pm- 2:30pm	*Creative Jewelry Design: Eyeglass Lanyards— June 12th -Samples on display at the front desk. Registration required. FREE. (Dept. of Aging)
Monday, June 15	12:00pm- 5:00pm	*Give a Pint, Get a Pint: Blood Drive-American Red Cross: Schedule your appointment 1-800-RED CROSS Sponsor Code: cliftonparkseniors Receive a \$15 voucher for Stewarts Ice Cream and a chance to win \$7.5K prize! See rcblood.org/June
Tuesday, June 16	10:30am- 12:00pm	Book Club: June Book—Learning to Swim by Sara J Henry; July Book—Bridge of Sighs by Richard Russo Participate in a discussion. Books not provided.
Monday, June 22	2:30pm- 4:00pm	*Living with a Loss: with Mary Beth Bradshaw, LMSW: Community Hospice: Drop-in Program. There is no timetable for grieving; people grieve in their own way and heal at their own pace. You have the opportunity to talk about your loss and share your story with others with similar losses. Learn the signs of grief, self-care, & coping strategies. FREE
Thursday, June 25	1:30pm- 3:30pm	*Musical Jam Session with Chuck Oakes: Whether you play an instrument or just want to listen; if you enjoy acoustic music, stop by! FREE
Friday June 26 NEW!	12:00pm- 3:00pm	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 6 sessions. Fourth Friday. Registration required. FREE
Tuesday, June 30	10:30am- 12:00pm	Grief Painting: with Glenville Funeral Home: Only Ten (10) spots available. Registration Required. FREE
Monday, July 13	2:30pm- 4:30pm	*Trip Presentation: Where do you want to go in 2027-2028? Where do we go next! 2:30pm Motorcoach Trips-- 3:30pm Collette Trips Registration required.

M O N D A Y	<p>09:00am-10:00am: Tap Dance (6/1, 6/8, 6/15, 6/22, 6/29) \$25</p> <p>09:45am-12:00pm: Discussion Group</p> <p>10:00am-10:45am: Jazz Dance (6/1, 6/8, 6/15, 6/22, 6/29) \$25</p> <p>10:00am-11:00am: Chair Yoga (6/1, 6/8, 6/22, 6/29) (NO 6/15) \$28</p> <p>10:00am-12:00pm: Bocce Ball—<i>Outdoor</i></p> <p>11:00am-01:00pm: Beginner & Intermediate Clogging (6/1, 6/8, 6/15, 6/22, 6/29) \$35</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 (6/1, 6/8, 6/22, 6/29) (NO 6/15) \$15</p> <p>01:00pm-03:00pm: Quilting Group</p> <p>02:30pm-03:30pm: Chair Yoga (6/1, 6/8, 6/22, 6/29) (NO 6/15) \$28</p> <p>02:30pm-03:30pm: *†Healthy Bones for Life—Call 518-884-4110 for more info! *WAITLIST ONLY*</p>	<p>*indicates membership not required †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/week 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 (6/2, 6/9, 6/16, 6/23, 6/30) \$35</p> <p>10:30am-12:00pm: Adult Coloring Book Club: (6/16) (3rd Tuesday)</p> <p>11:30am-03:00pm: *Cards: Duplicate Bridge Group—Sanctioned \$8/week</p> <p>12:30pm-03:30pm: Games: Beginner Mahjong, Scrabble Cards: Hand & Foot <i>beginners welcome!</i></p> <p>01:00pm-03:00pm: Games: Poker, Chess <i>beginners welcome!</i></p> <p>01:00pm-03:00pm: Creative: Open Studio Painting (1st & 3rd Tuesday; 6/2 & 6/16)</p>	<div style="border: 1px solid black; border-radius: 15px; background-color: #e0f0e0; padding: 10px; text-align: center;"> <p>Ice Skating at Capital Arena Tuesdays 11am-12pm \$5/week pd. at ice rink, <i>includes skates</i></p> </div>
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; (6/10 & 6/24)</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; (6/10 & 6/24) \$14</p> <p>11:00pm-01:00pm: Indoor Ping Pong</p> <p>12:00pm-02:00pm: Bowling at <i>Spare Time</i> (\$8/week—2 games + cost of pizza)</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 (6/3, 6/10, 6/17, 6/24) \$15</p> <p>02:30pm-03:30pm: *†Healthy Bones for Life—Call 518-884-4110 for more info! *WAITLIST ONLY*</p> <p>03:00pm-04:00pm: Boxing Fitness with Chris (6/3, 6/10, 6/17, 6/24) \$20 NEW!</p>	<div style="border: 1px solid black; border-radius: 15px; background-color: #e0f0ff; padding: 10px; text-align: center;"> <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 style="border: 1px solid black; border-radius: 15px; background-color: #e0f0ff; padding: 10px; text-align: center; 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/week) NEW!</p> <p>09:00am-10:00am: <i>Senior Fit</i> with Carlie (6/4, 6/11, 6/18, 6/25) \$20</p> <p>09:00am-11:30am: Games: Billiards/Pool</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; 6/11 & 6/25)</p> <p>10:15am-11:15am: *Yoga w/Deanna \$5/week At the Center OR <u>Join Zoom</u></p> <p>11:30am-12:15pm: AllWays Dance: Chair Dancing (6/4, 6/11, 6/18, 6/25) \$20 NEW!</p> <p>12:30pm-04:00pm: Cards: Pinochle <i>Beginners welcome!</i> Games: Mahjong</p> <p>02:00pm-04:00pm: Open Indoor Pickleball (<i>No lessons</i>)</p>	
F R I D A Y	<p>09:00am-10:00am: Tap Dance—<i>Advanced</i> (6/5, 6/12, 6/26) (No 6/19) \$15</p> <p>09:00am-11:00am: *†Woodcarving Program See page 2 FREE NEW!</p> <p>10:00am-10:45am: Ballet Class (6/5, 6/12, 6/26) (No 6/19) \$15</p> <p>10:00am-12:00pm: Games: Dominoes/Mexican Train <i>beginners welcome!</i></p> <p>10:00am-12:00pm: Bocce Ball—<i>Outdoor</i></p> <p>11:00am-11:45am: Essentrics Aging Backwards (6/5, 6/12, 6/26) (No 6/19) \$18</p> <p>12:30pm-01:30pm: Games: Bingo (6/12, 6/26) (No 6/19) 12:00-1:30pm (6/5) *TIME CHANGE*</p> <p>12:30pm-04:00pm: Games: Mahjong Cards: 5 Crowns</p> <p>01:00pm-02:00pm: Latin Line Dancing w/ Johnny Martinez (6/12, 6/26) (No 6/19) 1:30-2:30pm (6/5) *TIME CHANGE* \$15</p> <p>01:00pm-02:30pm: *†Jewelry Making (2nd Friday: 6/12 organized project, see front desk; & 4th Friday: 6/26 BYO project)</p> <p>01:30pm-04:00pm: Games: Strategic Scrabble</p> <p>02:15pm-04:00pm: Games: <i>Indoor</i> Bocce Ball, Ping Pong, and Cornhole</p> <p>02:30pm-03:30pm: *†Healthy Bones for Life—Call 518-884-4110 for more info! *WAITLIST ONLY*</p>	

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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!

Call our office directly to set up an appointment. Under special circumstances home visits can be arranged.

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TRIPS!

<i>Raquette Luncheon Cruise on the WW Durant and visit the Great Sagamore Camps</i>	<i>Wednesday, 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>Wednesday, 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' & Shopping at the Outlets</i>	<i>Wednesday, October 7</i>
<i>Discover Painted Canyons of the West w/Collette</i>	<i>May 16-24, 2027</i>

the SPOTLIGHT

Class Spotlight

**Boxing Fitness with Chris C.
Wednesdays @ 3:00pm**

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

**Woodcarving
Fridays @ 9:00am**

We will have instructors leading a project in June: a Comfort 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!

Class Spotlight

**Chair Dancing to 70's Music!
AllWays 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

**Creative Jewelry Making
Organized Project: 2nd Friday @ 1:00pm
BYO Project: 4th Friday @ 1:00pm**

No Experience Necessary! Beads and tools are available here at the Center. The Creative Jewelry Making class meets every other week. The first meeting of the month is an organized project, where the second meeting you can bring your own project or repairs for your own jewelry. All are welcome!

THANK YOU

to our Member Volunteers:

- *...to Home of the Good Shepherd for sponsoring our amazing Senior Prom!
- *...to Craig with WeDoFondue for the wonderful chocolate fondue and punch fountains at our Prom!
- *...to Starpoint Church for your volunteering with the dinner, serving and cleaning up!
- *...to our Activities Committee: Linda N, Donna D, Sharon D, Rosalyn S, Don W!

- *...to Peregrine for sponsoring our Mother's Day Tea!
- *...to Linda from Divinitea for the tea donations and to our wonderful volunteers– what fun we had!

- *...to the Senior Chorus for the amazing concert on May 14th!
- *...to the wonderful Orchestra players for the concert on May 15th!
- *...to Stewarts for donating ice cream for our concerts!

- *...to Hannaford for sponsoring our amazing Birthday Bag Project and providing our cupcakes!
- *...those who donated birthday bags items and the volunteers who helped pack over 60 bags to be donated to the local Food Pantry!

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.



Senior Prom

Congrats to our Prom King and Queen:
Bill and Sherry Torres!

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.

CSPCC POLICY: Non-members 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 3 artists and members of SSAS, Rita Helie, Kristine Kelly, and William Daisak to be held in the Gallery at the Clifton Park Senior Community Center during June & July.

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

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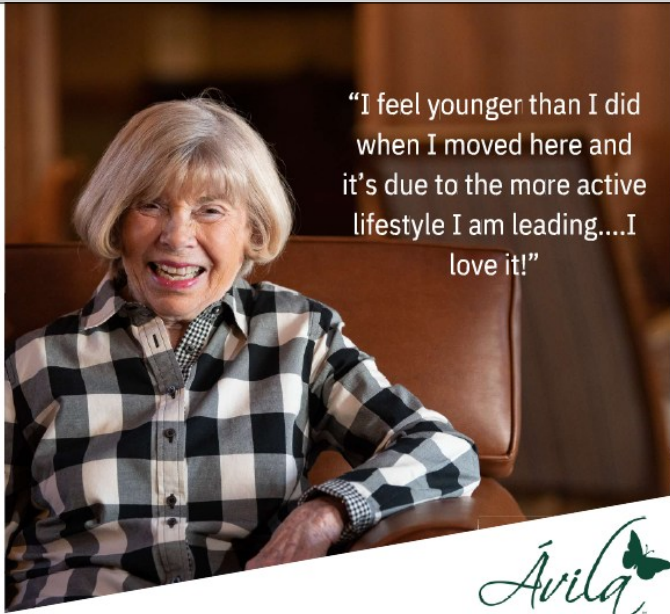
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SIX EXCEPTIONAL COMMUNITIES LOCATED IN:

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



Eddy Senior Living
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 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



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

TO: CURRENT OCCUPANT OR

Event Alert:

Tuesday,
 June 30
 10:30am-12:00pm

Grief Painting: with Glenville Funeral Home: Only Ten (10) spots available.
Registration Required. FREE



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



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 Sharon Simmons	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.

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Italian Sausage w/Peppers & Onions on Roll Mixed Vegetables Spinach Fresh Tangerine	2 Chicken Florentine Brown Rice Pilaf Vegetable Trio Bran Muffin SF Vanilla Pudding	3 Tuna Salad on Bun Macaroni Salad Marinated Green Beans Brownie	4 Beef Pot Roast Mashed Potatoes Mixed Broccoli & Corn Applesauce	5 Goulash Wax Beans Beets Corn Muffin Banana
8 Chicken w/ Lemon Sauce Rice Pilaf California Blend Vegetables WW Dinner Roll Pear Cup	9 Mushroom & Onion Smothered Beef Patty Mashed Potatoes Carrots Fresh Tangerine	10 Chicken Salad on Bun Marinated Vegetable Salad Pea Salad LS Potato Chips Yogurt	11 Macaroni & Cheese Broccoli Butternut Squash Banana	12 Turkey Tetrazzini Brussels Sprouts Mixed Vegetables WW Dinner Roll Fig Cookies
15 Beef Enchilada Casserole Mixed Broccoli & Corn Warm Berry Crisp Graham Crackers	16 LS Turkey & Swiss Cheese on Bun Mayonnaise Rasta Pasta Salad Marinated Carrots Fresh Tangerine	17 Father's Day Special Hot Roast Beef Sandwich on Bun Garlic Mashed Potatoes Creamed Corn Frosted Chocolate Cake 	18 Bourbon Chicken Brown Rice Pilaf Vegetable Trio WW Dinner Roll Applesauce	19 Closed 
22 Chicken Cacciatore Pasta w/Sauce Zucchini & Yellow Squash WW Dinner Roll Pear Cup	23 Salisbury Steak w/Gravy Mashed Potatoes Asparagus Vegetable Medley Fig Cookies	24 Birthday Special Sausage w/Biscuit and Gravy Spinach Mixed Vegetables Frosted Cake 	25 Breaded Fish Tartar Sauce Macaroni & Cheese Brussels Sprouts Fresh Peach	26 Egg Salad on WW Bun Potato Salad Coleslaw SF Chocolate Pudding
29 Pulled BBQ Pork on Roll Broccoli Warm Apple Crisp	30 Chicken w/Curry Cream Sauce Rice Pilaf Peas WW Dinner Roll Fresh Tangerine			

Menu Subject To Change

Menu certified by Christine Kudlacik, R.D.

All Home Delivered & Gather& Dine meals will receive whole milk. 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 voluntary 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, Ballston Spa, NY 12020**