Clifton Park Senior Community Center
NEWSLETTER

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

JULY 2026

CENTER HOURS
Monday-Friday, 9am-4pm

CENTER CLOSURE:
Fourth of July: Friday, July 3rd

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.*

****

Come join us for an Open House

For New* or Prospective Members!
***(within the past 12 months)**

Thursday, July 30th
Starting at 1:00pm

Event sponsored by: Peregrine Senior Living

Are you a new member?
Not yet a member?
Know someone who might like to join us?

Come and meet some of our instructors and learn about the many programs & classes we have to offer!

There will be class demonstrations and tours!
Light Refreshments!
Advanced Registration Required!

This is the place for independent seniors to make new friends, try new things, dance, exercise, play games, and have some fun!

6 Clifton Common Court, Clifton Park, NY 12065
518-383-1343

INDEPENDENCE DAY BBQ!

JULY 8TH AT 12:00PM

SPONSORED BY: Home of the Good Shepherd

Senior Scam Presentation

SCAM

JULY 22, 10AM

Christmas in July! Breakfast With Santa

Bring Non-Perishable Breakfast Items to donate to a Local Food Pantry. Registration Required!

Friday, July 24th at 10:00 AM

Sponsored by: IHOP



BOOK SALE:

SATURDAY, AUGUST 15
9:00AM-4:00PM

COME VISIT US AND BROWSE OUR THOUSANDS OF BOOKS!

PAPERBACKS: $0.50
HARDCOVERS: $1.00

CHECK PAGE 2 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

Wednesdays, July 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, July 8	12:30pm-1:30pm	***Farmer's Market Coupons:** Each booklet value is $25, good for fresh fruits and vegetables at local participating Farmers Market Vendors. For more information call the Department of Aging-518-884-4100.
Wednesdays, July 8, 22 NEW	4:00pm-4:45pm	***Total Body Strength & Conditioning with Chris of Toned and Gray:** *Seated:* This class uses resistance bands, dumbbells, ankle weights, and bodyweight exercises and provides a well-rounded workout focused on strength, balance, endurance, and everyday functional movement and a full-body fitness class. **Registration Required. FREE.** *(Sponsored by Department of Aging)*
Thursday, July 9	12:30pm-1:30pm	***Songs of America with Ken Blatt:** Celebrate the music and spirit of America through patriotic favorites, beloved folk songs, country classics, Broadway and Hollywood hits, and songs that inspire hope, optimism, and community. Along the way, we'll take a musical journey across America, celebrating the people, places, and tunes that have become part of our shared heritage. **FREE**
Fridays, July 10, 17, 24, 31	9:30am-11:30am	***Woodcarving with Gail: Create a Fairy Door:** Learn the basics and carve. A fairy door is a miniature door, usually placed at the base of a tree, behind which may be small spaces where people can leave notes, whishes, or gifts. Must attend first class for introduction and knife safety. All supplies are provided. **Registration required. FREE. Maximum of 6 people** *(Sponsored by Department of Aging)*
Saturday, July 11	10:00am-2:00pm	***Repair Café:** work with Repair Coaches to fix broken treasures and possessions to keep out of landfills; bring in your broken lamps, toasters, furniture, toys, clothing, jewelry, computers, etc. **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.**
Thursdays, July 16, 30, August 13, 27 NEW	10:15am-11:15am	***Yoga for Strong Bones with Bonnie L.:** Guided by the research of Dr. Loren Fishman, we will introduce you to the 12 Poses for Osteoporosis. This class is for people with a diagnosis of osteopenia, osteoporosis, or anyone interested in promoting bone health. All levels welcome: Chair, Floor or Blocks. **Registration required. FREE** *(Sponsored by Department of Aging)*
Friday, July 17	11:30am-12:30pm	***Mindfulness for Stress Management with Nicholas from Being One World:** Learn simple mindfulness techniques that can help reduce stress, improve focus, and support overall well-being. This interactive workshop includes guided exercises, reflection, and practical tools that participants can use in everyday life. **Registration required. FREE**
Tuesday, July 21	10:30am-12:00pm	**Book Club:** July Book: *Bridge of Sighs* by Richard Russo--August Book: *How to Solve Your Own Murder* by Kristen Perrin--Participate in a discussion. Books not provided.
Thursday, July 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**
Friday, July 24	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**
Monday, July 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**
Thursday, August 20	9:00am-4:00pm	***Defensive Driving Class:** Come learn how to be a safer, defensive driver. $32 check payable to Armand Canestraro. Bring a drink and a lunch! **Registration Required.**

UPCOMING TRIPS



PLEASE REGISTER FOR ALL TRIPS AS SOON AS POSSIBLE - SPACE IS LIMITED.

NYC Ballet, *Saratoga Performing Arts Center &* ***Hall of Springs*** *Luncheon*.....***Friday, July 10***

Discover ***Mackinac Island*** *and the Great Lakes Region w/ Collette*.....***August 1-9***

Country Hoedown & BBQ*, Classic & New Country Music at the* ***Riverview Inn***.....***Wednesday, August 12***

Mirror Lake Inn Resort & Murder Mystery*, Lake Placid, NY*.....***September 9-10***

Lake George Dinner Theater*, 'The 39 Steps' & Shopping at the* ***Outlets***.....***Wednesday, October 7***

Discover Painted Canyons of the West *w/Collette*.....***May 16-24, 2027***

Monday 7/6, 7/13, 7/20, 7/27	Tuesday 7/7, 7/14, 7/21, 7/28	Wednesday 7/1, 7/8, 7/15, 7/22, 7/29	Thursday 7/2, 7/9, 7/16, 7/23, 7/30	Friday 7/10, 7/17, 7/24, 7/31 **(No 7/3)**
09:00am–10:00am: **Tap Dance $20** 09:45am–12:00pm: **Discussion Group** 10:00am-10:45am: **Jazz Dance $20** 10:00am-11:00am: **Chair Yoga $28** 10:00am-12:00pm: **Bocce Ball—*Outdoor*** 12:30pm-03:30pm: ***Games:* Decide as a group!** 01:00pm–02:00pm: **Ukulele Group** **Step Into Line Dance $15** 01:00pm-03:00pm: **Quilting Group** 02:30pm-03:30pm: **Chair Yoga $28** *†**Healthy Bones for Life*** ****WAITLIST ONLY**** Ice Skating at Capital Arena Tuesdays 11am -12pm **$5/week pd. at ice rink,** *includes skates*	09:00am–10:00am: **Exercise to Tape** ***Yoga w/Deanna $5/week At the Center OR Join Zoom** 09:00am–11:30am: **Billiards/Pool** 10:00am–12:00pm: **5 Crowns** 10:15am-11:15am: **QiGong w/ Rob $28** 10:30am-12:00pm: **Adult Coloring** **Book Club (3rd Tuesday)** 11:30am–03:00pm: ***Duplicate Bridge Group–Sanctioned $8/ week** 12:30pm–03:30pm: **Beginner Mahjong** **Scrabble** **Hand & Foot** ***Beginners welcome!*** 01:00pm-03:00pm: **Poker** **Chess** ***Beginners welcome!*** 01:00pm-03:00pm: **Open Studio Painting (1st & 3rd Tuesday)**	09:00am-10:00am: **Exercise to Tape** 09:00am–11:30am: **Billiards/Pool** 09:30am-12:00pm: **Investment Club (2nd & 4th Wednesday)** 10:00am–11:00am: **Ukulele Group** 10:00am-11:30am: *†**Grow Our Community Garden** 10:00am–12:00pm: **Intermediate Bridge** **Memories to Memoirs** 10:30am-11:30am: **Meditation $14 (2nd & 4th Wednesday)** 12:00pm-02:00pm: **Bowling at *Spare Time* (*$8/week—2 games)** 12:30pm-04:00pm: **Mahjong** 01:00pm–04:00pm: **Poker** **Knitting and Crocheting** 01:30pm-02:30pm: **Country Line Dance *(No 7/8)* $15** 02:30pm–03:30pm: *†**Healthy Bones for Life*** ****WAITLIST ONLY**** 03:00pm-04:00pm: **Boxing Fitness w/ Chris $25**	08:00am-11:30am: **Golf at Barney Rd ($12/week)** 09:00am–10:00am: ***Senior Fit* w/ Carlie (*No 7/30*) $20** 09:00am–11:30am: **Billiards/Pool** 10:00am–12:00pm: **Rummikub** 10:00am-12:00pm: **Watercolors & Acrylics w/Mary F.** **$6/class *paid to instructor*** **(2nd & 4th Thursday)** 10:15am–11:15am: ***Yoga w/Deanna *$5/week At the Center OR Join Zoom*** 11:30am-12:15pm: **AllWays Dance: Chair Dancing $25** 12:30pm-04:00pm: **Pinochle** ***Beginners welcome!*** **Mahjong** 02:00pm-04:00pm: **Open Indoor Pickleball** ***(No lessons)***	09:00am–10:00am: **Tap Dance-*Adv* $20** 09:00am–11:00am: *†**Woodcarving Program** 10:00am–10:45am: **Ballet Class $20** 10:00am–12:00pm: **Dominoes/Mexican Train** ***Beginners welcome!*** **Bocce Ball—*Outdoor*** 11:00am-11:45am: **Essentrics Aging Backwards (*No 7/31*)$18** 12:30pm–01:30pm: **Bingo** 12:30pm–04:00pm: **Mahjong** **5 Crowns** 01:00pm–02:00pm: **Latin Line Dancing w/ Johnny Martinez $20** 01:30pm–04:00pm: **Strategic Scrabble** 02:15pm-04:00pm **Ping Pong or Cornhole** 02:30pm–03:30pm: *†**Healthy Bones for Life*** ****WAITLIST ONLY****

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

Indoor Pickleball *@ YMCA 1st & 2nd Wednesdays 12:15*

****indicates membership not required***
†Dept. of Aging Programs: *must be 60+ and Saratoga County resident.*

Southern Saratoga Art Society proudly presents the works of three 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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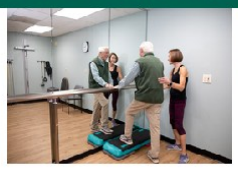
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www.WiteckiLaw.com

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.

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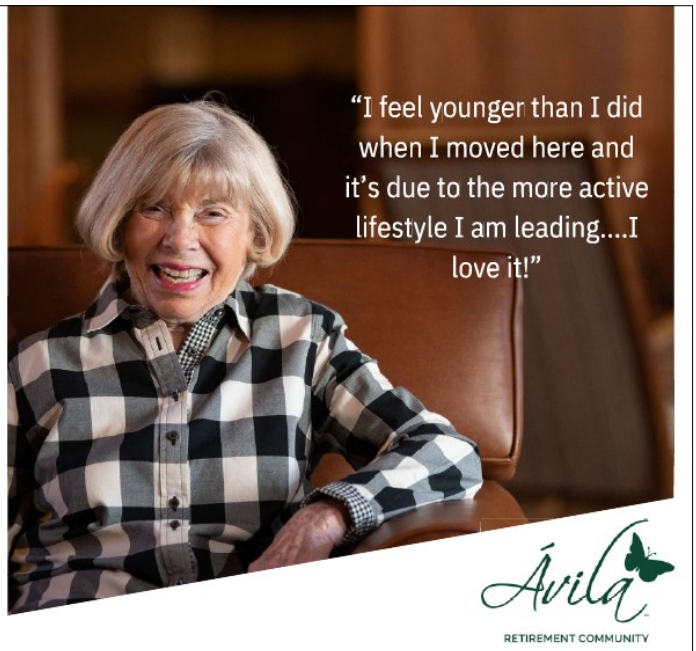


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Call 518-383-1343 x321 or
Email: dryan@cliftonpark.org



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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.



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Peregrine Crossgate
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518-434-4663

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

TO: CURRENT OCCUPANT OR

THANK YOU

....to Fred the Butcher for your generous donation toward our Dogs and Dads Father's Day Event!

...to CDPHP for sponsoring our June BBQ Dinner!

...to Home of the Good Shepherd for our Wine, Cheese, and Chocolate party, another successful event!

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-JULY 2026
GATHER & DINE/HOME DELIVERED MEALS 518-363-4020

Monday	Tuesday	Wednesday	Thursday	Friday
Saratoga County Fair: Tuesday July 21 – Sunday July 26 		**1 July 4th Special** Hot Dog w/Mustard on Bun Home Fries Baked Beans Frosted Patriotic Cake 	**2** Beef Pot Roast w/Gravy Mashed Potatoes Mixed Vegetables Fresh Tangerine	**3 Closed** 
6 Chicken Divan Brown Rice Pilaf Carrots WW Dinner Roll Banana	**7** Roast Pork w/Gravy Mashed Potatoes Vegetable Trio Applesauce	**8** Meatball Sub Mixed Vegetables Cauliflower SF Vanilla Pudding	**9** Vegetable Quiche Bake O'Brien Potatoes Spinach Bran Muffin Fresh Tangerine	**10** Seafood Salad on Whole Grain Bun Macaroni Salad Pea Salad Brownie
13 Italian Sausage w/Peppers & Onions on Roll Mixed Vegetables Zucchini & Yellow Squash Applesauce	**14** Breaded Fish w/Tartar Sauce Mashed Sweet Potatoes Beans & Greens Pear Cup	**15** LS Ham & Swiss Cheese on Whole Grain Bun Mustard Rasta Pasta Salad Coleslaw Fresh Plum	**16** Goulash Broccoli Warm Berry Crisp Corn Muffin	**17** BBQ Chicken O'Brien Potatoes Corn & Lima Bean Blend WW Dinner Roll Yogurt
20 Mushroom & Onion Smothered Beef Patty Mashed Potatoes Vegetable Trio Fresh Peach	**21** Chicken w/ Lemon Sauce Mashed Sweet Potatoes Brussels Sprouts WW Dinner Roll SF Chocolate Pudding	**22** Beef & Broccoli Rice Pilaf Asparagus Vegetable Medley Pear Cup	**23** Turkey Tetrazzini Mixed Vegetables Zucchini & Tomatoes WW Dinner Roll Fig Cookies	**24** Tuna Salad on Whole Grain Bun Macaroni Salad Tomato & Cucumber Salad LS Potato Chips Banana
27 Chicken Paprikash Buttered Egg Noodles Vegetable Trio WW Dinner Roll Fresh Plum	**28** LS Turkey & Swiss Cheese on Whole Grain Bun Mayonnaise Corn & Black Bean Salad Marinated Vegetable Salad Applesauce	**29 Birthday Special** Pasta Alla Norma Italian Meatballs in Sauce Spinach Frosted Cake 	**30** Meatloaf w/ Gravy Garlic Mashed Potatoes Lima Beans Fresh Tangerine	**31** Chix Bacon Mac & Cheese Broccoli Peach Crisp Corn Muffin

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**