



Clifton Park Senior Community Center NEWSLETTER

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

AUGUST 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.

SERVICE PROJECT

Crafting reusable menstrual pads for girls
around the world who lack access.

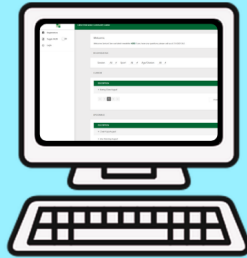
WE NEED SUPPLIES

To date, we've made close to 1000
reusable pads for girls in need.
We're using the summer to replenish
our supplies and can use your help.



Scan the code to find
the PUL (Poly
Urethane Laminate)
Fabric we need*.

WE'RE UPGRADING TO THE 21ST CENTURY!



After years of waiting, we finally have
online registration for most paid classes!

Navigate to: cpscc.ezfacility.com
to register for classes today!

1. Go to cpscc.ezfacility.com
2. Find your class under "Current" and click "SELECT"
3. Select circle button next to "I am an individual..."
4. Check box for "I agree to receive emails..."
5. Enter your FIRST and LAST NAME as well as your BIRTHDATE and Click NEXT
6. Enter your EMAIL ADDRESS and Click NEXT
7. If you have any notes, add them now and Click NEXT or just Click NEXT
8. Hit BUY button.
9. Enter your Credit Card information and Click "Use this Card"
10. Click on "Use New Billing Address" and fill out your billing address and click "Use this Address"
11. Click on "COMPLETE CHECKOUT"
12. You are done! All registered!

We can help you to
register at the Center
if you'd like with your
computer or ours!

If you have any questions, call
Donovan at 518-383-1343

Book Sale

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

COME VISIT US AND BROWSE
OUR THOUSANDS OF BOOKS!

PAPERBACKS: \$0.50

HARDCOVERS: \$1.00

PUZZLES, CDS AND DVDS TOO!



LABOR DAY BBQ

SPONSORED BY:



JOIN US FOR THE
LAST HURRAH OF
SUMMER!



FRIDAY, SEPTEMBER 4 12:00PM

REGISTRATION REQUIRED

\$5.00 REQUIRED AT SIGN UP

VOLUNTEER CORNER

Sign up at the Front Desk

Event Set Up & Cleanup:

Labor Day BBQ

Basket Party

Join us for the

Basket Party



Sunday, October 4th
at 12:00pm

STAY TUNED FOR MORE
INFO IN THE SEPTEMBER
NEWSLETTER!

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, August 5, 19 NEW!	10:30am- 11:30am	Self Guided Reiki with Jackie from Heart and Mindfulness: Experience a guided healing session where you'll enjoy a combination of Reiki, somatic, and sound healing techniques for helping your Heart, Mind, and Soul heal and feel rejuvenated. Sessions are gentle and participants are able to remain seated for the duration. Registration Required. FREE. (Sponsored by Department of Aging)
Wednesdays, August 5, 12, 19, 26 NEW!	1:00pm- 1:30pm	*Basic Beginner Line Dance with Linda D.: This program will go right into the Country Line Dance class at 1:30 and will progress to more challenging dances. All are welcome to participate for any or all of the 90 minute experience! Registration Required. FREE. (Sponsored by Department of Aging)
Wednesdays, August 5, 19	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, August 12, 26	4:00pm- 4:45pm	*Total Body Strength & Conditioning with Chris of Toned and Gray: <i>Standing or Seated:</i> 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. full-body fitness class. Registration Required. FREE. (Sponsored by Department of Aging)
Thursdays, August 13, 27	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)
Thursday, August 13	12:30pm- 1:30pm	*Laughing Matters with Kate Dudding: Children laugh 40 times more per day than adults - that's just not right! Come help improve your laughing average as award-winning storyteller Kate Dudding shares personal stories, historical stories, folk tales, and, perhaps, a tall tale. Storyteller Kate Dudding is a long-time member of the Clifton Park Senior Community Center. Since 1995, she has been telling entertaining and heart-warming stories, specializing in stories of real people who made a difference. KateDudding.com Registration Required. FREE.
Tuesday, August 18	10:30am- 12:00pm	Book Club: August Book: <i>How to Solve Your Own Murder</i> by Kristen Perrin--September Book: <i>God of the Woods</i> by Liz Moore--Participate in a discussion. Books not provided.
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!
Monday, August 24	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.
Wednesday, August 26	12:30pm- 1:30pm	*Game Day with Kee To Independent Growth: Come play games and learn about what New Journeys Social Adult Day Care has to offer for you or a loved one with the types of Board Games and Card Games we all enjoy playing! Registration Required. FREE.
Thursday, August 27	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, September 2	12:00pm- 1:00pm	*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.
Friday, September 4	12:00pm- 1:00pm	Labor Day BBQ: Sponsored by the Bank of Greene County! Join us for the last hurrah of summer. Registration Required. \$5.00 paid at time of sign up!

UPCOMING TRIPS

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



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**

Breakfast at the Track, Saratoga Springs, NY.....**Wednesday, August 26**

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

Lac du Saint Sacrament Luncheon Cruise, Lake George, NY.....**Tuesday, September 22**

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**

Canadian Maritimes and Costal Wonders w/ Collette.....**August 17-27, 2027**

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

Monday 8/3, 8/10, 8/17, 8/24, 8/31	Tuesday 8/4, 8/11, 8/18, 8/25	Wednesday 8/5, 8/12, 8/19, 8/26	Thursday 8/6, 8/13, 8/20, 8/27	Friday 8/7, 8/14, 8/21, 8/28
09:45am–12:00pm: Discussion Group 10:00am–11:00am: Chair Yoga \$35 10:00am–12:00pm: Bocce Ball—Outdoor 12:30pm–03:30pm: Games: Decide as a group! 01:00pm–02:00pm: Ukulele Group Line Dance \$20 01:00pm–03:00pm: Quilting Group 02:30pm–03:30pm: *†Healthy Bones for Life *WAITLIST ONLY*	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: Chess Beginners welcome! Open Studio Painting (1st & 3rd Tuesday) Ice Skating at Capital Arena Tuesdays 11am –12pm \$5/week pd. at ice rink, includes skates	09:00am–10:00am: Exercise to Tape 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 01:00pm–01:30pm: *†Learn to Line Dance FREE 01:30pm–02:30pm: *†Country Line Dance FREE 02:30pm–03:30pm: *†Healthy Bones for Life *WAITLIST ONLY* 03:00pm–04:00pm: Boxing Fitness w/ Chris \$20 Indoor Pickleball @ YMCA 1st & 2nd Wednesdays 12:15	08:00am–11:30am: Golf Barney Rd (\$12/week) 09:00am–10:00am: Senior Fit w/ Carlie \$20 09:00am–11:30am: Billiards/Pool 10:00am–12:00pm: Rummikub 10:15am–11:15am: *Yoga w/Deanna \$5/week At the Center OR Join Zoom 11:30am–12:15pm: AllWays Dance: Chair Dancing \$20 12:30pm–04:00pm: Pinochle Beginners welcome! Mahjong 02:00pm–04:00pm: Open Indoor Pickleball (No lessons)  Come enjoy a day at the Southern Saratoga YMCA every 1st and 2nd Wednesday of the month! Just show your CPSCC Card!	09:00am–11:00am: Woodcarving 10:00am–12:00pm: Dominoes/Mexican Train Beginners welcome! Bocce Ball—Outdoor 11:00am–11:45am: Essentrics Aging Backwards \$24 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*



Southern Saratoga Art Society
 proudly presents the works of two
 artists and members of SSAS:
 Patricia Wade and Rebecca Jenkins
 to be held in the Gallery at the

Clifton Park Senior Community Center during August
 & September.

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

***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.

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

MIRANDA
REAL ESTATE GROUP

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




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



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

Peregrine SENIOR LIVING

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

Communities in the Albany Area

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

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

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

Peregrine Delmar Place
Assisted Living
518-434-4663

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

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

peregrineseniorliving.com



Many senior living residences stand alone.

KingswayCommunity stands out.

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

That's the Kingsway difference.

518-393-8800
kingswaycommunity.com

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



Bank Anywhere, Anytime.

CAPITAL BANK
A division of Chemung Canal Trust Company

capitalbank.com
(800) 836-3711

Member FDIC

RAVENSWOOD

"You're Always Home at The Wood"

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

Your Medicare Coach

Sandra Kahlon, OTR/L
Medicare Coach and Educator

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

No Cost Individual or Group Education



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



Live Pain Free

Don't let chronic pain impact what really matters - time with family, favorite traditions, and feeling your best.

New York Pain Management offers proven regenerative and non-opioid treatment options to help you move, feel, and live better.

Schedule your consultation today and let us help you find lasting relief.

Call New York Pain Management at 518-371-0777.

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

Our enhanced assisted living offers:

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



MALTA | WILTON SARATOGA | MOREAU
homeofthegoodshepherd.com



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



BRINGING THE GREAT AMERICAN SONGBOOK TO LIFE.

Perfect for:

**SENIOR COMMUNITIES
PRIVATE CELEBRATIONS**

(518) 371-0416 |
kenblattmusic@gmail.com
www.KenBlatt.com

CPSCC members receive a preferred rate

KEN BLATT
SINGER • PIANIST • MUSICAL PRESENTER

DID YOU KNOW?

WANT TO ADVERTISE WITH THE CENTER IN THIS NEWSLETTER WHICH
GOES OUT TO OVER 2000 PEOPLE?



CONTACT DONOVAN AT THE
CLIFTON PARK SENIOR CENTER!
CALL 518-383-1343 X321 OR
EMAIL: DRYAN@CLIFTONPARK.ORG



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

518-382-8187

kingswaycommunity.com

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



**Financial Planning, Investments,
Insurance & Tax Preparation**



518-383-3739

MarAssoc.com



Marshall@MarAssoc.net



6 Sage Court
Clifton Park, NY 12065

 **LPL Financial**

Securities and Investment Advisory Services offered through LPL Financial, Member FINRA/SIPC. Tax Preparation services & Insurance products offered through Marshall Associates. None of the named entities are affiliated. LPL Financial does not offer tax advice. v03-LPL

Need a Medicare plan with dental?

Call Audrey at (518) 641-5756.



A plan for life.

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



SET Yourself FREE...

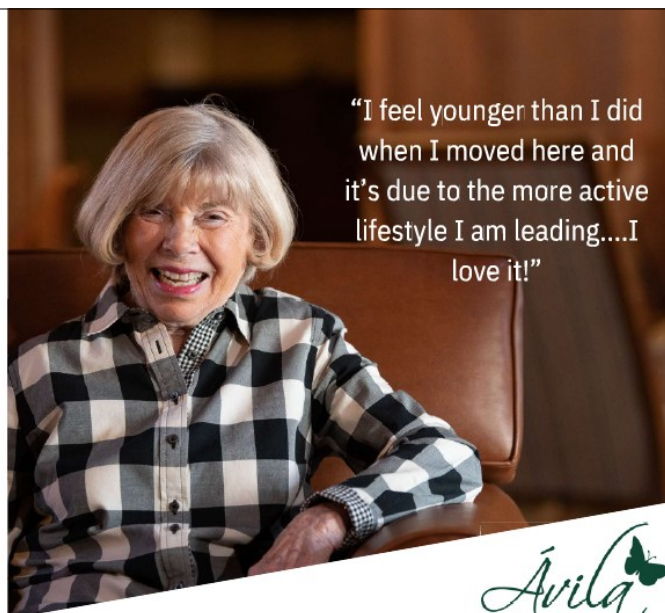


If cooking and household chores are leaving a bad taste in your mouth, it's time to set yourself free. Coburg Village offers maintenance-free, 55+ living in a warm, welcoming community. We've thought of everything, so you can live your best life!

**No buy-in
or entry fee.**

**Coburg
Village**

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



"I feel younger than I did when I moved here and it's due to the more active lifestyle I am leading....I love it!"

Ávila
RETIREMENT COMMUNITY

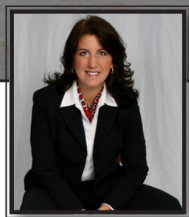
Ávila is the capital region's premier retirement community for seniors seeking an active & rewarding lifestyle. Enjoy maintenance free living with an indoor pool, fitness center, gourmet style dining, bi-weekly housekeeping, transportation, recreational, social & wellness programs & more!

CONTACT US:
100 White Pine Drive / Albany, NY 12203 / (518) 452-4250

TOWNLEY & WHEELER FUNERAL HOME



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



KATHLEEN LOWES SANVIDGE
Owner & Licensed Funeral Director

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

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

TOWNLEY & WHEELER FUNERAL HOME

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



Witecki Law Office

8 South Church Street
Schenectady, NY 12305

518-372-2827

www.WiteckiLaw.com

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

If you are looking for guidance beyond "standard estate planning," Glenn can help!

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

He will also tell you why a properly-drafted Power of Attorney may be the most important estate planning document that you ever sign!

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



At Eddy Senior Living, we offer Independent Living for active seniors and Assisted Living and Memory Care for seniors who need a little extra help.



SIX EXCEPTIONAL COMMUNITIES LOCATED IN:

Niskayuna - Glen Eddy • **Cohoes** - Marjorie Doyle Rockwell Center • **East Greenbush** - Eddy Hawthorne Ridge • **Troy** - Beechwood & The Terrace at Eddy Memorial • **Queensbury** - The Glen at Hiland Meadows • **Slingerlands** - Beverwyck



EddySeniorLiving.com
(518) 280-8385



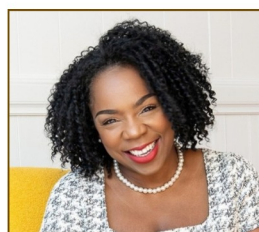
**A local insurance agency focused on Seniors since 2009.
Experience since 1989.**

Call or email for a free no obligation consultation today with a local licensed insurance agent at 518-661-6300 || Info@ob1insurance.com

"We do not offer every plan in your area. Any information we provide is limited to those plans we do offer in your area. Contact medicare.gov or 1-800-MEDICARE to get information on all of your plan options." Not affiliated or endorsed by the Federal Medicare Program

Ask me about MEDICARE

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



**Chandler
Insurance
Services**
Albany, NY

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

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



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

TO: CURRENT OCCUPANT OR

THANK YOU

...to Home of the Good Shepherd for the amazing Independence Day BBQ! We all enjoyed the food and the beautiful day!



...to Ken Blatt for lending us your voice and bringing us Songs from around America!



...to IHOP for providing the food for our Christmas in July Breakfast with Santa!

...to Peregrine Senior Living for sponsoring our Open House!
A great time was had by all!



...to Jackie from Heart and Mindfulness for the many months of offering free Reiki sessions for our seniors.

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Garlic Parmesan Chicken Buttered Pasta Peas & Carrots WW Dinner Roll Tangerine	4 Swiss Steak w/Gravy Mashed Potatoes Mixed Vegetables WW Dinner Roll Fig Cookies	5 Tuna Salad on Whole Grain Bun Carrot Raisin Salad Tomato & Cucumber Salad LS Potato Chips Fresh Peach	6 Breaded Fish Tartar Sauce Macaroni & Cheese Brussels Sprouts WW Dinner Roll Banana	7 Cornflake Chicken w/Gravy Brown Rice Pilaf Creamed Corn WW Dinner Roll Applesauce
10 Pulled BBQ Pork on Whole Grain Bun Cabbage Lima Beans Pear Cup	11 Orange Ginger Chicken Sweet Mashed Potatoes Asian Blend Vegetables Fresh Nectarine	12 Dog Day's Special Hot Dog on Whole Grain Bun Mustard Wax Beans Brussels Sprouts Brownie 	13 Stuffed Shells w/Meat Sauce California Blend Vegetables Warm Peach Crisp Fruit & Nut Mix	14 LS Ham & Swiss Cheese on Whole Grain Bun Mustard Black Bean & Corn Salad Tomato & Cucumber Salad Applesauce
17 Roast Pork w/Gravy Mashed Potatoes Spinach WW Dinner Roll Applesauce	18 Chicken Salad on Whole Grain Bun Rasta Pasta Salad Marinated Vegetable Salad Fresh Peach	19 Tuna Noodle Casserole Broccoli Warm Berry Crisp Corn Muffin	20 Meatball Sub on Whole Grain Bun Mixed Vegetables Spinach Pear Cup	21 Spanish Chicken & Rice Beets Carrots Bran Muffin Fresh Tangerine
24 Hamburger Patty w/Sauteed Onions on Whole Grain Bun Ketchup Home Fries Peas & Carrots Banana	25 Chicken Divan Brown Rice Pilaf California Blend Vegetables Fig Cookies	26 Birthday Special  Beef Stroganoff Egg Noodles Turnips Frosted Cake	27 Breaded Fish Tartar Sauce O' Brien Potatoes Butternut Squash WW Dinner Roll Fresh Tangerine	28 LS Turkey & Swiss Cheese on Whole Grain Bun Mayonnaise Potato Salad Pea Salad Fresh Plum
31 Italian Sausage w/Peppers & Onions Whole Grain Pasta w/Pesto Sauce Italian Green Beans Applesauce				

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