Clifton Park Senior Community Center
NEWSLETTER

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

WHY DON'T YOU TRY SIGNING UP ONLINE?
Click here!
GO TO: CPSCC.EZFACILITY.COM TO REGISTER FOR SOME CLASSES ONLINE!

SEPTEMBER 2026

CENTER HOURS
Monday-Friday, 9am-4pm

CENTER CLOSURES:

LABOR DAY: MONDAY, SEPTEMBER 7

Sign up at the front desk to be part of the **Entertainment Committee** help plan music, dancing, and more!
We'll meet **Monday, September 14** at 12:30pm

OFFICE HOURS

3rd Wednesday of the month

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

VOLUNTEER CORNER
Sign up at the Front Desk

Event Set Up & Cleanup:

Labor Day BBQ

September Dinner

Basket Party



September Dinner

$15.00*
Members Only
*Limit of 4 tickets per person

Wednesday, September 16 at 5:00pm

Menu:

Meat Lasagna
Garden Salad
Rolls and Butter
Brownie & Ice Cream

Food Provided by:
MOM & POP'S CAFÉ
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Sponsored by:
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Tickets go on sale Tuesday, September 1st



Graceful Aging Matters

With Chuck Oakes
& Guests

Special Senior Series on the 2nd and 4th Tuesdays of the Month beginning on September 8th at 10:30am

A discussion-style group with guest speakers!

September dates:	October dates:
9/8 and 9/22	10/13 and 10/27

***Special Date*: Monday, 9/28 2:30pm**
Guest Speaker: Cam Cardinale, SAIL
Topic: Making Your Home Safe & Secure

Registration Required:
Sign up at the Front Desk today!

SERVICE PROJECT

Join us to cut, assemble, or sew.

We are crafting reusable menstrual pads for girls around the world who lack access.

September 17 9:30am

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.

We are also looking for cotton flannel!

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

Join us for the
Basket Party



Sunday, October 4th at 12:00pm

$15.00** *includes: 25 FREE Auction Tickets and Lunch!

Themed basket donations are welcome!
Registration Required.

CHECK PAGE 2 FOR TRIP INFORMATION!

EDUCATE ☆ Entertain ☆ Explore

*indicates membership not required

Wednesdays, September 2, 16	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. $10.00 for this two week class.**
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.**
Wednesdays, September 2-30	1:00pm-2:30pm	***1-1:30pm Basic Beginner Line Dance with Linda D.: 1:30-2:30pm Country Line Dance class** progress to more challenging dances. All are welcome. **Registration Required. FREE.** *(Sponsored by Dept of Aging)*
Wednesdays, September 2, 16	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.**
Friday, September 4	12:00pm-1:00pm	**Labor Day BBQ:** Sponsored by Bank of Greene County Join us for the last hurrah of summer. ***SOLD OUT***
Fridays, September 4, 11, 18, 25	9:30am–11:30am **NEW!**	***Woodcarving with Gail: Create a Fairy Door**-a miniature door, usually placed at the base of a tree, behind which may be spaces where people can leave notes, wishes or gifts. Learn the basics using knives, V Tool & gouges. Must attend 1st week-knife safety. **Registration Required FREE** (*Sponsored Dept of Aging*)
Wednesdays, September 9-November 18	1:00pm-2:00pm **NEW!**	***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 with MVP. FREE.**
Wednesdays, September 9, 23	4:00pm-4:45pm	***Total Body Strength & Conditioning with Chris of Toned and Gray:** *Standing or 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. full-body fitness class. **Registration Required. FREE.** *(Sponsored by Department of Aging)*
Fridays, September 11, 25	1:00pm-2:30pm	***Creative Jewelry Making**: **Suncatchers:** We have the tools and supplies you'll need to create Suncatchers. Keep for yourself or give as a gift. **Registration Required. FREE** *(Sponsored by Dept of Aging)*
Mondays, September 14, 21, 28	10:30am-11:15am **NEW!**	***Breathwork:** with Rita A. Learn how to relax your mind and body and open your lungs with this seated (chair) practice; come if you struggle with sleeping, relaxing or anxiety. Learn the seeds of healing within you with the five elements. **Registration Required. $21.00 for the month.**
Thursday, September 17	12:30pm-1:30pm	***The Rexford Amusement Park: with Clifton Park Town Historian, John Scherer:** Did you know that there used to be an Amusement Park in Rexford? Come learn all about it and why it no longer exists! **Registration Required. FREE.**
Tuesday, September 22	9:30am-12:30pm	**Flu Clinic:** Come by to get your Flu Shot! Bring your insurance card and your ID. Brought to us by Hannaford Pharmacy. **Walk-ins welcome, but advanced registration is preferred! FREE w/ Insurance.**
Wednesday, September 23	12:30pm-1:30pm	***Medicare 101: with Sandra Kahlon from Your Medicare Coach:** Cover the basics of Medicare. Discuss important changes for 2027 including updates to Medicare Advantage, Medicare Supplement and Part D **Registration Required. FREE.** (*For individuals with traditional Medicare coverage NOT retiree coverage*)
Thursday, September 24	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.**
Monday, September 28	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, September 30	12:30pm-1:30pm	***Navigating the Long-Term Care Continuum: Resources for Caregivers with Choice Connections NY and Herzog Law:** This interactive seminar provides essential tools to help caregivers confidently explore care levels—from in-home support to assisted living and skilled nursing. Learn key legal, financial, and medical considerations, discover valuable community resources, and gain strategies for self-care. Join us to make informed decisions and provide the best care for your loved one. **Registration Required. FREE.**

Upcoming Trips

***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**

***Oktoberfest at the Carriage House,** West Springfield, MA*..... **Thursday, October 15**

***Majestic Theater,** 'Lend Me A Tenor,' and **Lunch at Tansey's Catered Table**, W. Springfield, MA*..... **Sunday, November 15**

***Holiday Train Show @ the Botanical Gardens & Holiday Lights @ the Bronx Zoo,** NYC* ..... **Wednesday, December 2**

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

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

Wednesday, October 14th, 2026 @ 10am: Collette Presentation: Canyons, Canadian Maritimes, Ireland, Alaskan Cruise, etc.

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

Monday 9/14, 9/21, 9/28 **(No 9/7)**	**Tuesday** 9/1, 9/8, 9/15, 9/22, 9/29	**Wednesday** 9/2, 9/9, 9/16, 9/23, 9/30	**Thursday** 9/3, 9/10, 9/17, 9/24	**Friday** 9/4, 9/11, 9/18, 9/25
09:00am-10:00am: **Tap Dance $10 (No 9/7, 9/14)** 09:45am–12:00pm: **Discussion Group** 10:00am-10:45am: **Jazz Dance $10 (No 9/7, 9/14)** 10:00am-11:00am: **Chair Yoga $21** 10:00am-12:00pm: **Bocce Ball—*Outdoor*** 11:00am-12:00pm: **Beginner Clogging $21** 12:00pm-1:00pm: **Int. Clogging $21** 12:30pm-03:30pm: ***Games:* Decide as a group!** 01:00pm–02:00pm: **Ukulele Group** **Line Dance $15** 01:00pm-03:00pm: **Quilting Group** 02:30pm-03:30pm: *†**Healthy Bones for Life*** ***WAITLIST ONLY*** 02:30pm-04:30pm: **Open Indoor Pickleball**	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: **Qi Gong w/ Rob $35** 10:30am-12:00pm: **Adult Coloring** **Book Club (3rd Tuesday)** September's Book: *God of the Woods* by Liz Moore 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)**	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: *†**Gardening Club** 10:00am–12:00pm: **Intermediate Bridge** **Memories to Memoirs (1st & 3rd Wednesday)** 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 (No 9/2)**	08:00am-11:30am: **Golf - Barney Rd ($12/week)** 09:00am–10:00am: ***Senior Fit* w/ Carlie $15 (No 9/3)** 09:00am–11:30am: **Billiards/Pool** 10:00am–11:30am: **Chorus Rehearsal (*Beginning 9/17*)** 10:00am–12:00pm: **Rummikub** **Watercolors w/ Mary (2nd & 4th Thursday)** ***$6/class paid to instructor*** 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**	09:00am–10:00am: **Adv. Tap Dance $10 (No 9/4, 9/11)** 09:00am–10:55am: **Orchestra Rehearsal (*Beginning 9/11*)** 09:00am–11:00am: **Woodcarving** 10:00am–10:45am: **Ballet Class $10 (No 9/4, 9/11)** 10:00am–12:00pm: **Dominoes/Mexican Train** ***Beginners welcome!*** **Bocce Ball—*Outdoor*** 11:00am-11:45am: **Essentrics Aging Backwards $18 (No 9/4)** 11:00am–12:30pm: **Jazz Band Rehearsal (*Beginning 9/11*)** 12:45pm–02:45pm: **Bingo** 12:30pm–04:00pm: **Mahjong** **5 Crowns** 01:00pm–02:00pm: **Latin Line Dancing w/ Johnny $20** 01:00pm–02:30pm: **Jewelry Making Class (2nd & 4th Friday)** 01:30pm–04:00pm: **Strategic Scrabble** 02:15pm-04:00pm **Ping Pong/Cornhole** 02:30pm–03:30pm: *†**Healthy Bones for Life*** ***WAITLIST ONLY***

Special!
Aging Backwards Demonstration
Tuesday, September 8 @ 11:15am

Ice Skating at Capital Arena Tuesdays 11am-12pm
$5/week pd. at ice rink, *includes skates*

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

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

THANK YOU

...to Peregrine for sponsoring our wonderful Open House. They donated a beautiful basket that was won by new member Marsha M.

Peregrine SENIOR LIVING at CLIFTON PARK

...to the volunteers who assisted at the Open House with tours, greeting, and tabling for our many groups. Several of our instructors volunteered their time along with some of their students to show our new members their classes! What fun we have!

...to our Book Sale Volunteers who made this Book Sale one of the most successful in years!

...to Kate Dudding for the wonderful jokes and storytelling!

SSAS Southern Saratoga Art Society

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

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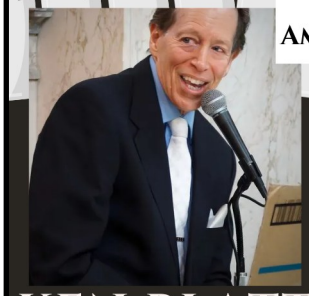


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Your Medicare Coach

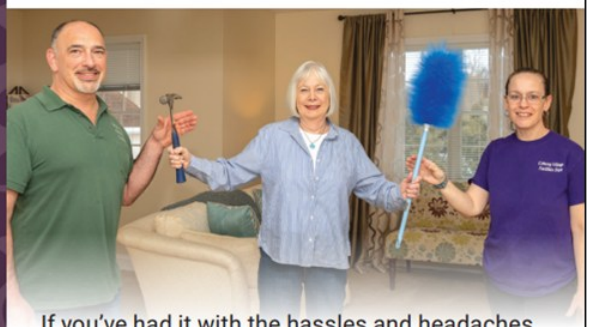
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Medicare Coach and Educator

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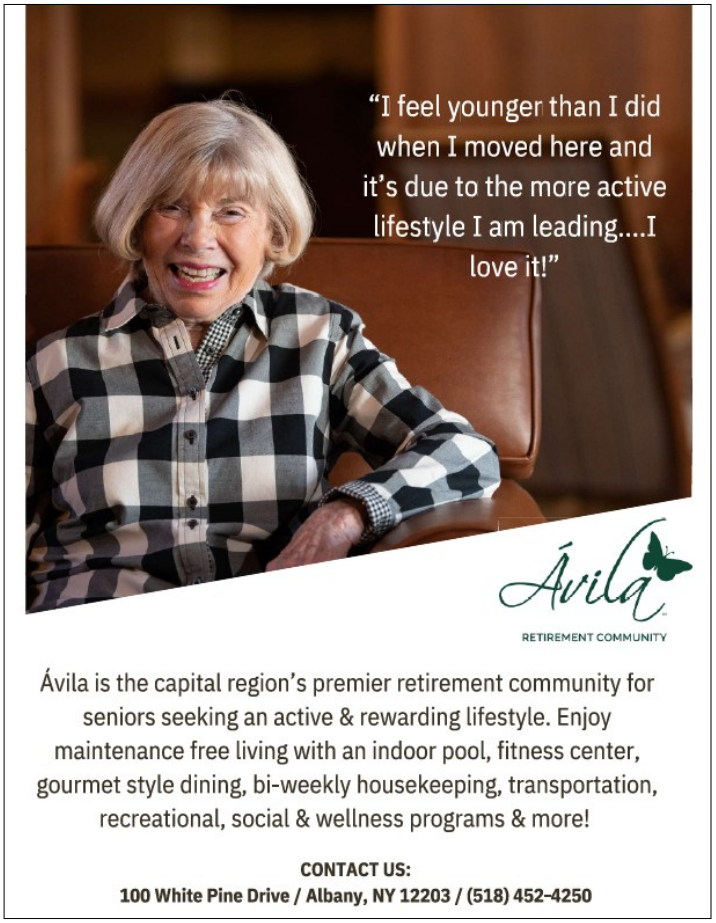
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Clifton Park Senior Community Center
6 Clifton Common Court
Clifton Park, NY 12065
(518) 383-1343

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

Monday	Tuesday	Wednesday	Thursday	Friday
	**1** Roast Beef w/Gravy Mashed Potatoes Asparagus WW Dinner Roll Pear Cup	**2** Chicken w/Apple Cream Sauce Brown Rice Pilaf California Blend Vegetables WW Dinner Roll Fresh Tangerine	**3** Pasta Bake w/Meat Sauce Mixed Peppers & Corn Italian Beans WW Dinner Roll Yogurt	**4** Egg Salad on Whole Grain Bun Rasta Pasta Salad Pea Salad Fresh Plum
7 Closed 	**8** Meatloaf w/Gravy Mashed Potatoes Brussels Sprouts WW Dinner Roll Yogurt	**9** LS Ham & Swiss Cheese on Whole Grain Bun Mustard Potato Salad Tomato & Cucumber Salad Banana	**10 Closed**  **Senior Picnic**	**11** Herb Chicken w/Gravy Stuffing Mixed Vegetables WW Dinner Roll Applesauce
14 Breaded Fish Tartar Sauce Mashed Potatoes French Green Beans WW Dinner Roll Applesauce	**15** Chicken Salad on Whole Grain Bun Corn & Black Bean Salad Marinated Vegetable Salad Pear Cup	**16** Chili Brown Rice Pilaf Spinach Fruit & Nut Mix	**17** Hot Turkey Sandwich on Whole Grain Bun Butternut Squash Broccoli Fig Cookies	**18** Chicken w/ Alfredo Sauce Whole Grain Pasta w/Pesto Sauce Broccoli WW Dinner Roll Fruit Cocktail
21 Stuffed Pepper Casserole Spinach Warm Cranberry Apple Crunch Corn Muffin	**22** Roast Pork w/Tarragon Sauce Mashed Potatoes Asparagus Vegetable Medley WW Dinner Roll Pear Cup	**23** LS Turkey & Swiss Cheese on Whole Grain Bun Mayonnaise Rasta Pasta Salad Marinated Carrots Banana	**24** Chicken Parmesan Pasta w/Sauce California Blend Vegetables WW Dinner Roll Fruit Cocktail	**25** Beef & Broccoli Brown Rice Pilaf Carrots Shortbread Cookies
28 Spinach Feta Chicken Brown Rice Pilaf Carrots Bran Muffin Fresh Tangerine	**29** Tuna Salad on Whole Grain Bun Macaroni Salad Pea Salad LS Potato Chips Banana	**30 Birthday Special** Roast Turkey w/Gravy Mashed Potatoes  Butternut Squash WW Dinner Roll Frosted Cake		

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