



Clifton Park Senior Community Center Newsletter

6 Clifton Common Court, Clifton Park, New York 12065 – 518-383-1343

OCTOBER 2026

CENTER HOURS:

MONDAY-FRIDAY, 9AM-4PM

CENTER CLOSURES:

COLUMBUS DAY: MONDAY,
OCTOBER 12

WHY DON'T YOU TRY SIGNING UP ONLINE?



GO TO:
CPSCC.EZFACILITY.COM
TO REGISTER FOR SOME
CLASSES ONLINE!

To Receive newsletters
via Email:



cliftonparkny.gov/subscribe

OFFICE HOURS

3rd Wednesday of the month



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

Time to Renew Membership!



All memberships
expire 12/31/26

*Membership is still
only \$20 a year!*

Volunteer Corner

Sign up at the Front Desk

Event Set Up & Cleanup:

Basket Party
October Dinner
Halloween Party

October Dinner

Wednesday, October 14 at 5:00pm

\$15.00*

Members Only

*Limit of 4 tickets per
person

Menu:

Walnut Cranberry Salad with
Maple Vinaigrette Dressing
Airline Chicken with Herbed Chicken Gravy
Boursin Whipped Potatoes
Sauteed Green Beans
Apple Dumpling with Caramel Glaze



Brought to us by:

Tickets go on sale Thursday, October 1st



Soldier Stockings Service Project



Filled stockings will be donated to Blue Star Mothers NY
who will ship to our troops!

Wednesdays, October 14, 21

Time: 10am-12pm

AND

Thursdays, October 15, 22

Time: 10am-12pm



We are collecting: Small Travel
Sized: Games, Toiletries, & Candy

See the extended list of items at the Senior Center!



SERVICE PROJECT

Join us to draw,
cut, assemble, or
sew.

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

Thursday, October 1st @ 9:30am

WE NEED SUPPLIES

Flannel Fabric!

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

HALLOWEEN PARTY

Wednesday, October 28 11:00am-1:00pm

MUSIC

\$2.00 scratch-off ticket
required at sign up

TRICKS & TREATS

Sponsored by:



Costume Contest

Lunch & Door Prizes

Music & Dancing

Sign up at the Front Desk

Brought to you by the Entertainment Committee



EDUCATE 

Entertain

EXPLORE 

*indicates membership not required

Wednesdays, September 9-November 18	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 with MVP. FREE. (No 10/21 or 11/11)	
Fridays, October 2-30	9:30am-11:30am	* Woodcarving with Gail: Carving Turtles: Symbolizing slowing down and patience, turtles help us appreciate the pace of life. Learn the basics using knives, V Tool & gouges. Must attend 1 st week for knife safety. Registration Required. FREE. (Sponsored by Dept of Aging)	
Fridays NEW! October 2, 16, 23	12:30pm-2:00pm	* Bridge-Learn the Basics w/ Blaine B: Learn how to play the popular card game: Bridge. No experience needed, just a willingness to learn! Registration Required. FREE.	
Mondays, October 5, 19, 26	10:30am-11:15am	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. Registration Required. \$21.00 for the month.	
Wednesday, October 7	12:30pm-1:00pm	* Comedy with Jack Bazydlo: Come listen to some Senior-friendly comedy with our resident comedian and Senior Center Member, Jack Bazydlo! Registration Required. FREE.	
Wednesdays, October 7, 21	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, October 7, 21	4:00pm-4:45pm	* Seated Boxing Fitness: with Chris, Toned and Grey: 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, October 9, 23	1:00pm-2:30pm	* Creative Jewelry Making: Bar Necklaces: We have the tools and supplies you'll need to create Bar Necklaces. Keep for yourself or give as a gift. Registration Required. FREE. (Sponsored by Department of Aging)	
Friday, NEW! October 9	3:30pm-4:15pm	Phone Assistance with a Student Robotics Team based in Clifton Park. They want to assist seniors with any issues you're having with your phone. Want to learn to send photos to your kids? Registration Required. FREE.	
Tuesday, October 13	9:30am-11:30am	Light Mending with Patti: Drop In, Drop Off, Pick Up later; 2-3 items - bring supplies if needed (buttons, etc.) No alterations. Laundered Clothing Items Only.	
Tuesdays, October 13, 27	10:30am-11:30am	Graceful Aging Matters with Chuck Oakes: Join us for a special senior series combining discussion-style group sessions with occasional guest speakers! Registration Required. FREE.	
Wednesday, October 14	10:00am-12:00pm	Collette Presentation: Learn about the Painted Canyons Trip, Canadian Maritimes Trip, Ireland Trip, Alaskan Cruise, and others we may enjoy for 2027 and beyond!	
Wednesday, October 14	12:00pm-1:00pm	* Medicare 101 with OB1: Come learn Medicare basics to help you prepare for the upcoming Medicare season. <i>For traditional Medicare recipients only, not those with retiree or state coverage.</i> Registration Required. FREE.	
Thursday, October 15	12:30pm-1:30pm	* Auto Train Presentation: Learn about AMTRAK's AUTOTRAIN as an alternative way to travel to/from Florida. Avoid I-95 misery! We'll discuss personal experiences with tips to make the trip relaxing and enjoyable. Registration Required. FREE.	
Wednesday, October 21	12:30pm-1:30pm	Sweet Shoppe Bingo: Presented by Kingsway Community; over \$200 worth of gift cards and a raffle basket; Join us if you have a sweet tooth and enjoy Bingo action! Members Only! Registration Required. FREE.	
Thursday, October 22	1:30pm-3:00pm	* Musical Jam Session with Chuck Oakes: Whether you play an instrument or just want to listen; if you enjoy group acoustic music, stop by and enjoy on the Fourth Thursday of each month! FREE.	
Friday, October 23	10:15am-11:15am	* Orchestra Concert: Come by and listen to our wonderful Senior Orchestra. Reception with baked goods to follow. Note Time Change. FREE.	
Monday, October 26	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, October 28	11:00am-1:00pm	Halloween Party: Don't be scared, come party with us for Halloween! Costume contest, Door Prizes, Music, and Dancing! Tricks and Treats! Registration Required. \$2.00 in scratch-off tickets due at sign up. Sponsored by Home of the Good Shepherd.	
Thursday, October 29	12:30pm-1:30pm	* Marquis Home Care Info Session: Learn all about the different programs that Marquis Home Care offer, from Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, and Social Work. They will provide snacks and a fall-themed giveaway! Registration Required. FREE.	
Wednesday, November 4	9:30am-11:00am	* CDPHP Medicare Options: Learn about the different Medicare options from CDPHP for 2027. Whether you are a current CDPHP member or you'd like to switch, come take a look! Registration Required. FREE.	

UPCOMING TRIPS

Wednesday, October 7**Lake George Dinner Theater, 'The 39 Steps' & Shopping at the Outlets****Thursday, October 15 CANCELLED****Oktoberfest at the Carriage House, West Springfield, MA****Thursday, November 19** **DATE CHANGE!****Majestic Theater, 'Lend Me a Tenor,' & Lunch at Tansey's, W. Springfield, MA****Wednesday, December 2****Holiday Train Show @ Botanical Gardens & Holiday Lights @ Bronx Zoo, NYC****2027 Trips****Discover Painted Canyons of the West w/ Collette --May 16-24, 2027****Canadian Maritimes and Coastal Wonders w/ Collette-- August 17-27, 2027****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

Monday 10/5, 10/19, 10/26 (No 10/12)	Tuesday 10/6, 10/13, 10/20, 10/27	Wednesday 10/7, 10/14, 10/21, 10/28	Thursday 10/1, 10/8, 10/15, 10/22, 10/29	Friday 10/2, 10/9, 10/16, 10/23, 10/30
09:00am-10:00am: -Tap Dance \$15 09:45am-12:00pm: -Discussion Group 10:00am-10:45am: -Jazz Dance \$15 10:00am-11:00am: -Chair Yoga \$21 10:00am-12:00pm: -Bocce Ball— <i>Outdoor</i> 10:30am-11:15am: -Breathwork w/ Rita \$21 11:00am-12:00pm: -Beginner Clogging \$35 (10/5, 11/2, 11/9, 11/16, 11/30) 12:00pm-01:00pm: -Int. Clogging \$35 (10/5, 11/2, 11/9, 11/16, 11/30) 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 *Contact OFA to sign up* 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 \$28 10:30am-12:00pm: -Adult Coloring -Book Club (3rd Tuesday) October's Book: <i>Theo of Golden</i> by Allen Levi 12:00pm-03:30pm: *-Duplicate Bridge Group— Sanctioned \$8/week paid to instructor 12:30pm-03:30pm: -Beginner Mahjong -Scrabble -Hand & Foot <i>Beginners welcome!</i> 01:00pm-03:00pm: -Chess <i>Beginners welcome!</i> -Open Studio Painting (1st & 3rd Tuesday) Ice Skating at Capital Arena Tuesdays 11:00am-12:00pm \$5/week paid 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: **Gardening Club 10:00am-12:00pm: -Intermediate Bridge -Memories to Memoirs (1st & 3rd Wednesday) 10:30am-11:30am: -Self-Guided Reiki \$10 (1st & 3rd Wednesday) -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 \$15 02:30pm-03:30pm: **Healthy Bones for Life *Contact OFA to sign up* 03:00pm-04:00pm: -Boxing Fitness w/ Chris \$20 04:00pm-04:45pm: **Seated Boxing Fitness w/ Chris FREE (10/7 & 10/21) (OFA Sponsored)	09:00am-10:00am: -Senior Fit w/ Carlie \$25 09:00am-11:30am: -Billiards/Pool 10:00am-11:30am: -Chorus Rehearsal 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 \$25 12:30pm-04:00pm: -Pinochle <i>Beginners welcome!</i> -Mahjong 02:00pm-04:00pm: -Open Indoor Pickleball  Come Enjoy a day at the Southern Saratoga YMCA every 1st and 2nd Wednesday of the Month! Just Show your CPSCC Card!	09:00am-10:00am: -Adv. Tap Dance \$25 09:00am-10:55am: -Orchestra Rehearsal 09:00am-11:00am: -Woodcarving 10:00am-10:45am: -Ballet Class \$25 10:00am-12:00pm: -Dominoes/Mexican Train <i>Beginners welcome!</i> -Bocce Ball— <i>Outdoor</i> 11:00am-11:45am: -Essentrics Aging Backwards \$30 11:00am-12:30pm: -Jazz Band Rehearsal (No 10/23) 12:45pm-02:45pm: -Bingo 12:30pm-04:00pm: -Mahjong 01:00pm-02:00pm: -Latin Line Dancing w/ Johnny FREE 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 *Contact OFA to sign up*

Thank You

...to Coldstone Creamery/Wetzel's
Pretzels for the donations of ice cream
and pretzels.

...to Dolce and Biscotti for their
continued donations of wonderful
baked goods!

...to Speedway/7-Eleven for the
donation of donuts to the Center!

...to CDPHP for sponsoring the
September Dinner as well as the Golf
League Luncheon!



Southern Saratoga Art
Society proudly presents
the October art show:
Autumn Jewels

The SSAS 29th Annual Autumn Jewels
Show will be held from October 1 to
October 30, 2026. This is a Judged Show
featuring cash prizes for Artwork and
Photography and is open to the public.

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

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Witecki Law Office

8 South Church Street
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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,"**

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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!

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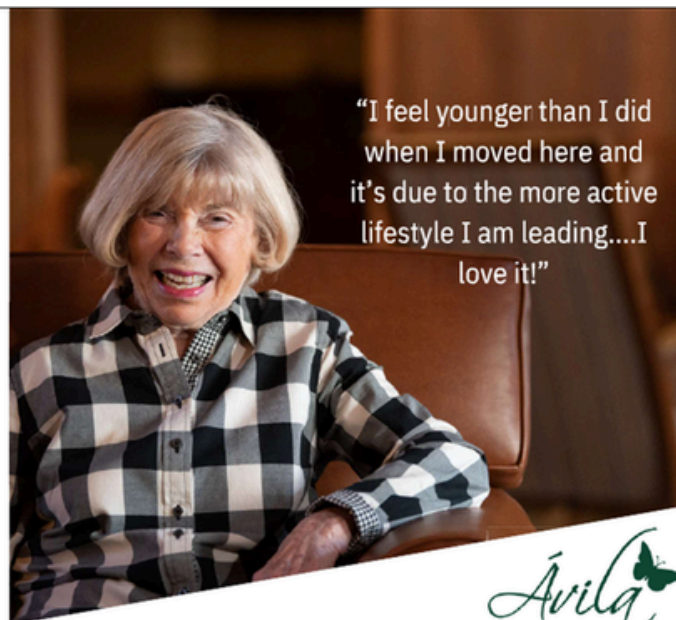
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Clifton Park Senior Community Center
6 Clifton Common Court
Clifton Park, NY 12065
(518) 383-1343

TO: CURRENT OCCUPANT OR:

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: 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.

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.