



# Clifton Park Senior Community Center Newsletter



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

## NOVEMBER 2026

### CENTER HOURS:

MONDAY-FRIDAY, 9AM-4PM

### CENTER CLOSURES:

**VETERAN'S DAY:** WEDNESDAY, NOVEMBER 11

**THANKSGIVING:** THURSDAY, NOVEMBER 26

**BLACK FRIDAY:** FRIDAY, NOVEMBER 27

### WHY DON'T YOU TRY SIGNING UP ONLINE?



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

WE'LL HELP YOU SIGN UP HERE AT  
THE CENTER IF NEEDED!

To Receive newsletters  
via Email:

[cliftonparkny.gov/subscribe](http://cliftonparkny.gov/subscribe)



### Time to Renew Membership!

All memberships  
expire 12/31/26



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

### 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:

November Dinner

### Election Day Bake Sale:

We need treats, please! Pies, Cookies, Breads

## NOVEMBER DINNER

Wednesday, November 18 at 4:30pm

**\$15.00** Members Only

Brought to us by:

Home of the  
*Good Shepherd*



Entertainment:

**DJ Music and Dancing!**

### Menu:

Salad and Rolls  
Chicken Parmesan  
Pasta  
Cannoli

Tickets go on sale Monday, November 2nd

## Soldier Stockings Service Project



Come Fill the stockings on:

Thursday, November 12 10:00am-12:00pm



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



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

**Bring these items before November 12**  
**so we can fill the stockings!**

See the extended list of items at the Senior Center!

## Veterans Benefit Review

Learn more about the benefits you are entitled to as  
a veteran. The benefits review is open to all Veterans  
and spouses who reside in Saratoga County.

**Friday, November 20 1:00pm**

Registration Required. FREE.



## Breakfast With Santa

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

**Monday, December 7**

**@ 10:00am**





EDUCATE



Entertain



EXPLORE

\*indicates membership not required

|                                     |                          |                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                     |
|-------------------------------------|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Wednesdays, September 9-November 18 | 1:00pm-2:00pm            | <b>*MVP Zumba Gold Toning:</b> 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. <b>Registration Required with MVP. FREE. (No 10/21 or 11/11)</b>                                                                                                |  |
| Tuesday, November 3                 | All Day                  | <b>*Election Day Bake Sale:</b> Stop by after voting to purchase some wonderful homemade baked goods (pies, cookies, breads, etc.)<br><b>*Puzzle Sale:</b> \$2.00 each for puzzles                                                                                                                                                                                                           |                                                                                     |
| Wednesday, November 4               | 9:30am-11:00am           | <b>*CDPHP Medicare Options:</b> 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! <b>Registration Required. FREE.</b>                                                                                                                                                                        |  |
| Wednesdays, November 4, 18          | 1:00pm-3:00pm            | <b>Free Computer Evaluation: with Kirk F.</b> Is your laptop running slow? Need data backup or repair? Or do you have a general question? Bring it in for a free evaluation! <b>Registration Required. FREE.</b>                                                                                                                                                                             |                                                                                     |
| Thursday, November 5                | 9:30am-11:30am           | <b>*Pad Project:</b> Join us to draw, cut, assemble, or sew. We are crafting reusable menstrual pads for girls around the world who lack access. To date, we've made over 1000 reusable pads for girls in need. <b>We need Flannel Fabric!</b>                                                                                                                                               |                                                                                     |
| Fridays, November 6-20              | 9:30am-11:30am           | <b>*Woodcarving with Gail:</b> Wooden Holiday Ornaments: Make a homemade wooden ornament for the holidays! Learn the basics using knives, V Tool & gouges. Must attend first week for knife safety. <b>Registration Required. FREE. (Sponsored by Dept of Aging)</b>                                                                                                                         |                                                                                     |
| Tuesday, November 10                | 10:00am                  | <b>Fashion Show Committee Meeting:</b> Bring your ideas as we will need many hands to once again make this show a great success! Join the committee and we'll discuss vendors, models, decorations, auction items, and more. <b>Sign up at the Front Desk.</b>                                                                                                                               |                                                                                     |
| Tuesdays, November 10, 24           | 10:30am-11:30am          | <b>Graceful Aging Matters with Chuck Oakes:</b> Join us for a special senior series combining discussion-style group sessions with occasional guest speakers! <b>Registration Required. FREE.</b>                                                                                                                                                                                            |                                                                                     |
| Tuesday, November 10                | 3:30pm-4:15pm            | <b>Computer Skills Tutoring:</b> Shen High School students will guide you through the use of your phone, tablet, or computer. <b>Registration Required. FREE.</b>                                                                                                                                                                                                                            |                                                                                     |
| Thursday, November 12               | 10:00am-12:00am          | <b>*Craft &amp; Chat: Iris Folding with Pat T.</b> Learn the art of Iris Folding in cardmaking; sample on display at the front desk. <b>Registration Required. FREE. (Sponsored by Dept of Aging)</b>                                                                                                                                                                                        |                                                                                     |
| Friday, November 13                 | 1:00pm-2:30pm            | <b>*Creative Jewelry Making: Make your Own Earrings:</b> We have the tools and supplies you'll need to create your own earrings. Keep for yourself or give as a gift. <b>Registration Required. FREE. (Sponsored by Department of Aging)</b>                                                                                                                                                 |                                                                                     |
| Friday, November 13                 | 2:30pm-4:00pm            | <b>*Controlled Chaos Improv Comedy Show:</b> Join the oldest improv troupe in the Capital District - by the average age of their cast members, that is! They have been performing improv comedy for audiences since 2012. They perform a number of short-form comedic improv scenes, each inspired by audience suggestions. <b>Registration Required. FREE. (Sponsored by Dept of Aging)</b> |                                                                                     |
| Tuesday, November 17                | 10:30am-12:00pm          | <b>Book Club:</b> November Book: <i>The Measure</i> by Nikki Erlick--December Book: <i>Mad Mabel</i> by Sally Hepworth --Participate in a discussion. Books not provided.                                                                                                                                                                                                                    |                                                                                     |
| Tuesday, November 17                | 1:00pm-2:00pm            | <b>*Saratoga County Department of Aging and Youth Services Public Hearing:</b> Come learn about all the Department of Aging has to offer! From Home Delivered Meals, Medical Transportation, to volunteerism, and more! <b>Registration Required.</b>                                                                                                                                        |                                                                                     |
| Wednesday, November 18              | 12:30pm-1:30pm           | <b>*Game Day with New Horizons:</b> Come play games and learn about what <b>New Journeys Social Adult Day Care</b> has to offer for you or a loved one with the types of Board Games and Card Games we all enjoy playing! <b>Registration Required. FREE.</b>                                                                                                                                |                                                                                     |
| Thursday, November 19               | 1:30pm-3:00pm            | <b>*Musical Jam Session with Chuck Oakes:</b> Whether you play an instrument or just want to listen; if you enjoy group acoustic music, stop by and enjoy! <b>FREE.</b>                                                                                                                                                                                                                      |                                                                                     |
| Thursday, November 19               | 5:00pm                   | <b>*Shen Friendship Dinner:</b> The Shen Schools are holding their annual Friendship Dinner at Shen HS East; space is limited, get your tickets at the Front Desk starting November 2. Limit 2 tickets per person. <b>Seniors Only Please. FREE.</b>                                                                                                                                         |                                                                                     |
| Friday, November 20                 | 1:00pm-2:00pm            | <b>*Veterans Benefit Review: with Saratoga County Veterans Service Agency:</b> Learn more about the benefits you are entitled to as a veteran. The benefits review is open to all Veterans and spouses who reside in Saratoga County. <b>Registration Required. FREE.</b>                                                                                                                    |                                                                                     |
| Monday, November 23                 | 2:30pm-4:00pm            | <b>*Living with a Loss: with Mary Beth Bradshaw, LMSW, Community Hospice:</b> 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, and coping strategies. <b>FREE.</b>                |                                                                                     |
| December 1 & December 8             | 10:00-11:30<br>1:00-2:00 | <b>Join us for Holiday Crafts!</b> December 1 <sup>st</sup> at 10:00am - Book Bouquet with Mary<br>December 8 <sup>th</sup> at 1:00pm - Diamond Dot Ornaments/Bookmarks with Terry (Sponsored by Dept of Aging)                                                                                                                                                                              | <b>Registration Required! FREE.</b>                                                 |
| Monday, December 7                  | 10:00am-12:00pm          | <b>Breakfast with Santa:</b> Join us for breakfast and fun with a special jolly guest! Bring non-perishable items for the food pantry. <b>Registration Required. FREE.</b>                                                                                                                                                                                                                   |                                                                                     |

## UPCOMING TRIPS

### Thursday, November 19

**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**

### Thursday, December 3

**Holiday Lights with Quick Response, Special Holiday Event for our Seniors, Malta, NY**

### 2027 Trips

**Wednesday, March 3, 2027 - Theatre Institute at Sage College, 'CLUE' (INFO COMING SOON!)**

**Wednesday, March 24, 2027 - Universal Preservation Hall, 'Petticoats of Steel' (INFO COMING SOON!)**

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

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

### 2028 Trips

**Shades of Ireland w/ Collette --April 1-10, 2028**



**Thanks  
Dolce and Biscotti,  
for all the donations of  
baked goods!**

"The best canoli I've ever  
had!" - Shirley

"The scones go perfect with my  
morning coffee!" - Linda

**1758 US Rt. 9 Clifton Park, NY 12065  
518-280-6173**

| <b>Monday</b><br>11/2, 11/9, 11/16,<br>11/23, 11/30                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Tuesday</b><br>11/3, 11/10, 11/17,<br>11/24                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Wednesday</b><br>11/4, 11/18, 11/25<br>(NO 11/11)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Thursday</b><br>11/5, 11/12, 11/19<br>(NO 11/26)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Friday</b><br>11/6, 11/13, 11/20<br>(NO 11/27)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <b>09:00am-10:00am:</b><br>-Tap Dance \$25<br><b>09:45am-12:00pm:</b><br>-Discussion Group<br><b>10:00am-10:45am:</b><br>-Jazz Dance \$25<br><b>10:00am-11:00am:</b><br>-Chair Yoga \$35<br><b>10:00am-12:00pm:</b><br>-Bocce Ball— <i>Outdoor</i><br><b>11:00am-12:00pm:</b><br>-Beginner Clogging \$28<br>(No 11/23)<br><b>12:00pm-01:00pm:</b><br>-Int. Clogging \$28<br>(No 11/23)<br><b>12:30pm-03:30pm:</b><br>-Games: Decide as a group!<br><b>01:00pm-02:00pm:</b><br>-Ukulele Group<br>(No 11/23, 11/30)<br>-Line Dance \$20<br>(No 11/23)<br><b>01:00pm-03:00pm:</b><br>-Quilting Group<br><b>02:30pm-03:30pm:</b><br>**-Healthy Bones for Life<br><i>*Contact OFA to sign up*</i><br><b>02:30pm-04:30pm:</b><br>-Open Indoor Pickleball | <b>09:00am-10:00am:</b><br>-Exercise to Tape<br><i>*-Yoga w/ Deanna</i><br>\$5/week At the Center OR<br><a href="#">Join Zoom</a><br><b>09:00am-11:30am:</b><br>-Billiards/Pool<br><b>10:00am-12:00pm:</b><br>-5 Crowns<br><b>10:15am-11:15am:</b><br>-Qi Gong w/ Rob \$28<br><b>10:30am-12:00pm:</b><br>-Adult Coloring<br>-Book Club (3rd Tuesday)<br><b>November's Book:</b><br><i>The Measure - Nikki Erlick</i><br><b>12:00pm-03:30pm:</b><br><i>*-Duplicate Bridge Group—</i><br>Sanctioned<br><i>\$8/week paid to instructor</i><br><b>12:30pm-03:30pm:</b><br>-Beginner Mahjong<br>-Scrabble<br>-Hand & Foot<br><i>Beginners welcome!</i><br><b>01:00pm-03:00pm:</b><br>-Chess<br><i>Beginners welcome!</i><br>-Open Studio Painting<br>(1st & 3rd Tuesday)<br><div> <b>Ice Skating at Capital Arena</b><br/> <b>Tuesdays 11:00am-12:00pm</b><br/>           \$5/week paid at ice rink,<br/>           includes skates         </div> | <b>09:00am-10:00am:</b><br>-Exercise to Tape<br><b>09:30am-12:00pm:</b><br>-Investment Club<br>(No 11/25)<br><b>10:00am-11:00am:</b><br>-Ukulele Group<br>(No 11/25)<br><b>10:00am-12:00pm:</b><br>-Intermediate Bridge<br>-Memories to Memoirs<br>(1st & 3rd Wednesday)<br><b>10:30am-11:30am:</b><br>-Self-Guided Reiki \$10<br>(1st & 3rd Wednesday)<br>-Meditation<br>(No Nov...See you in Dec!)<br><b>12:00pm-02:00pm:</b><br>-Bowling at <i>Spare Time</i><br>(\$8 for 2 games or \$9 w/ shoes)<br><b>12:30pm-04:00pm:</b><br>-Mahjong<br><b>01:00pm-04:00pm:</b><br>-Poker<br>-Knitting and Crocheting<br><b>01:30pm-02:30pm:</b><br>-Country Line Dance \$10<br>(No 11/11, 11/25)<br><b>02:30pm-03:30pm:</b><br>**-Healthy Bones for Life<br><i>*Contact OFA to sign up*</i><br><b>03:00pm-04:00pm:</b><br>-Boxing Fitness<br>w/ Chris \$20<br><div>           Come Enjoy a day at the<br/>           Southern Saratoga YMCA every<br/>           1st and 2nd Wednesday<br/>           of the Month!<br/>           Just Show your CPSCC Card!         </div> | <b>09:00am-10:00am:</b><br>-Senior Fit w/ Carlie \$15<br><b>09:00am-11:30am:</b><br>-Billiards/Pool<br><b>10:00am-11:30am:</b><br>-Chorus Rehearsal<br><b>10:00am-12:00pm:</b><br>-Rummikub<br>-Watercolors w/ Mary<br>(11/19 Only)<br><i>\$6/class paid to instructor</i><br><b>10:15am-11:15am:</b><br><i>*-Yoga w/ Deanna</i><br>\$5/week At the Center OR<br><a href="#">Join Zoom</a><br><b>11:30am-12:15pm:</b><br>-AllWays Dance:<br>Chair Dancing \$15<br><b>12:30pm-04:00pm:</b><br>-Pinochle<br><i>Beginners welcome!</i><br>-Mahjong<br><b>02:00pm-04:00pm:</b><br>-Open Indoor Pickleball<br><div>  <p>After a summer break, our<br/>bowling club has returned!<br/>Wednesdays at 12pm<br/>(no need to sign up, just show up!)<br/>\$8 for 2 games or \$9.19<br/>(including shoes)</p> </div> | <b>09:00am-10:00am:</b><br>-Adv. Tap Dance \$15<br><b>09:00am-10:55am:</b><br>-Orchestra Rehearsal<br><b>09:00am-11:00am:</b><br>-Woodcarving<br><b>10:00am-10:45am:</b><br>-Ballet Class \$15<br><b>10:00am-12:00pm:</b><br>-Dominoes/Mexican Train<br><i>Beginners welcome!</i><br>-Bocce Ball— <i>Outdoor</i><br><b>11:00am-11:45am:</b><br>-Essentrics Aging<br>Backwards \$18<br><b>11:00am-12:30pm:</b><br>-Jazz Band Rehearsal<br>(Winter Concert: 12/4)<br><b>12:30pm-04:00pm:</b><br>-Mahjong<br><b>12:45pm-02:45pm:</b><br>-Bingo<br><b>01:00pm-02:00pm:</b><br>-Latin Line Dancing<br>w/ Johnny \$15<br><b>01:00pm-02:30pm:</b><br>-Jewelry Making Class<br>(2nd Friday Only in November)<br><b>01:30pm-04:00pm:</b><br>-Strategic Scrabble<br><b>02:15pm-04:00pm</b><br>-Ping Pong/Cornhole<br><b>02:30pm-03:30pm:</b><br>**-Healthy Bones for Life<br><i>*Contact OFA to sign up*</i> |

# Thank You

...to Coburg Village for an amazing October Dinner  
 ...to our wonderful Panera and Hannaford volunteers: Linda I, Tony C,  
 Katie A, Lynne V, Jerry D, Tom D, Eric D, Learay S, Silvana and Jerry S,  
 Connie T, Nery A, Patti B, Donna R  
 ...to the volunteer who baked for our Orchestra Concert in October  
 ...to those who have donated items for the Soldier Stockings service  
 project  
 ...to those who have continued to assemble pads for the girls in need  
 in developing countries  
 ...to Home of the Good Shepherd for providing a wonderful luncheon  
 for our Halloween Party!



**Southern Saratoga Art Society**  
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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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**CONTACT US:**

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

## TOWNLEY & WHEELER FUNERAL HOME



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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 Department of Aging and Youth Services. 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                               | 371-6054 |
| Receiver of Taxes Rose Savallo                  | 371-5720 |
| Director of Safety & Security                   | 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.