



# Clifton Park Senior Community Center

## Monthly Newsletter

April 2019

### Clifton Park Senior Community Center

6 Clifton Common Ct  
Clifton Park, NY 12065  
(518) 383-1343

[www.cliftonpark.org](http://www.cliftonpark.org)

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*Please make checks payable to:  
Town of Clifton Park*

### Center Hours

**Monday—Friday  
9am—4pm**

*Facility and room rental  
available for special  
events.*

### Upcoming Center Closings

**MEMORIAL DAY:**  
MONDAY, 5/27

*Join us at the Clifton Park Senior  
Community Center for our April Dinner,  
Featuring:*



## Eddy Senior Living

ST PETER'S HEALTH PARTNERS

# April 17th 5:30pm

**Cream of Broccoli Soup, Parmesan Crisp  
Grilled Turkey Steak, Pear Gastrique  
Zucchini Fritter  
Duchesse Potatoes  
Fresh Baked Rolls & Butter  
Apricot Upside Down Cake**

**\$10 Members  
\$15 Non Members**

*Please Sign up at Front Desk.  
Space is Limited.*

# News & Events



Monday, April 1st	1:00pm	Soul Line Dancing - April Session Begins
Thursday, April 4th	11:00am	Intake screening for first time enrolled "Senior-cize" participants. Program begins 4/11
Thursday, April 4th	1:00pm	BUNCO Returns! Will be held 1st Thursday of month.
Friday, April 5th	11:00am	Diabetes Support Group
Friday, April 5th	12:30pm	Movie Matinee: Mamma Mia
Wednesday, April 10th	10:00am	Turning Memories to Memoirs: 5-week formal session begins
Wednesday, April 10th	12:30pm	EEE: Staying Sharp: Strategies for Taking Care of Your Brain
Friday, April 12th	1:00pm	Latin Line Dancing - April session begins
Tuesday, April 16th	12:30pm	Speed Friending One-on-One
Wednesday, April 17th	5:30pm	Monthly Dinner: Featuring Eddy Senior Living
Thursday, April 18th	10:00am	Golf League Meeting
Thursday, April 18th	12:30pm	EEE: Sleep from A - ZZZ
Wednesday, April 24th	12:30pm	EEE: Join the 2020 Census Team - <i>Opportunity to earn extra income!</i>
Friday, April 26th	1:30pm	FREE Introductory Tai Chi Class for Arthritis (seated) - Instructed by Rich Martin
Friday, April 26th	2:00pm	FREE Introductory Tai Chi Class - Instructed by Bonnie Furlong, RN
Monday, April 29th	10:00am	Chair Yoga - new session begins
Tuesday, April 30th	8:00am departure	<b>TRIP: West Point Tour</b>
Tuesday, April 30th	10:00am	Tai Chi - new session begins
Wednesday, May 1st	12:30pm	EEE: "Magic with Mike"
Monday, May 6th	10:00am	Bocce Ball Begins
Tuesday, May 7th	2:15pm	Tai Chi for Arthritis - new session begins
Wednesday, May 8th	9:15am	AARP Smart Driver Course
Wednesday, May 8th	10:00am	Bocce Balls Begins
Wednesday, May 8th & 22nd	1:00pm	Service Project: Saratoga County Animal Shelter Project
Friday, May 10th	1:00pm	Mother's Day Tea & Bingo
Monday, May 13th	8:00am departure	<b>TRIP: Riverview Inn, Matamoras, Pennsylvania</b>
Friday, May 24th	11:15am - 2:15pm	Cat Adoption Clinic
May 31st - June 3rd	Multi Day	<b>TRIP: Thousand Islands Adventure</b>
Saturday, June 15th	9am - 3pm	Indoor Antique - Flea Market - Garage Sale
Wednesday, June 26th	10:30am departure	<b>Trip: Barrington Stage Co., Pittsfield, Mass "Into the Woods"</b>
October 10th - October 14th	Multi Day	<b>TRIP: Washington, DC</b>

## INDOOR

### Antique - Flea Market - Garage Sale

Clifton Park Senior Community Center

**Saturday, June 15th from 9am - 3pm**

**CALLING ALL MEMBERS!!!**

Take this opportunity to sell your items at this one day event.  
\$10 deposit required to reserve an 8' table. Deposit will be refunded on the day of the event, to all participating members.  
Advance registration required. Tables are limited.

## Golf League Meeting

**Thursday, April 18th at 10:00am**

The Center has an active Golf League that plays at the Town's Par 3 course on Barney Road. We are currently looking for new golfers (singles and couples) to join the mixed Clifton Park Senior Community Center Golf League. If interested, please plan to join us at our meeting on April 18th!



# Educate ☆ Entertain ☆ Explore

*Pre-registration required at the front desk. Free. Membership Not Required.*

*All Presentations begin at 12:30pm*

## **Wednesday, April 10th**

### **TOPIC: Staying Sharp: Strategies for Taking Care of Your Brain**

Every day brings exciting new findings in brain research. We now know that the brain is “plastic” and that we all have the capacity to re-wire brain circuits and to grow new neurons throughout the lifespan. Today Sheryl will speak about ways you can take care of your brain (have a brain-healthy lifestyle) and some simple strategies to improve our ability to learn and remember new things.

Presented by: Sheryl Kaplan, Licensed Clinical Social Worker and a Credentialed Prevention Professional.

## **Thursday, April 18th**

### **TOPIC: Sleep from A - ZZZ**

Learn simple strategies to improve sleep without medication, what foods to choose and avoid, how to prepare the body for sleep, and some of the causes and treatments for sleep disorders. Learn strategies to try for a better night’s sleep.

Presented by: Maria Migliori, Professional, Medical Community Health Educator, MVP HealthCare

## **Wednesday, April 24th**

### **TOPIC: Join the 2020 Census Team**

Representatives of the U.S. Census will be here to talk about exciting job opportunities, answer questions, and assist in the application process. In advance of the 2020 Census, the U.S. Census Bureau is recruiting thousands of people for temporary jobs across the country. These positions provide the perfect opportunity to earn some extra income while helping your community. The results of the 2020 Census will determine each state’s representation in Congress, as well as how certain funds are spent for schools, hospitals, roads, and more. This is your chance to play a part in history and help ensure that everyone in your community is counted!

## **Wednesday, May 1st**

### **TOPIC: “Magic with Mike”**

Mike Beehner is a retired family doctor, who has had magic as his hobby for the past 50 years. His interest in magic came about, because, in his part-time job as a taxi cab driver while in college in Chicago, he would often ride by this small magic store on south State Street. One day he walked in and bought a handful of small tricks. From there, it ended up being a life-long love affair with magic and bringing smiles to people young and old with his shows, which he has never charged a penny for.



Should you wish to enjoy lunch at the Center prior to the presentation, you must **sign up separately with the kitchen at (518) 383-1343**, no later than 12noon the day before. Congregate Lunch is provided by the Saratoga County Office for the Aging . Lunch is served promptly at 12noon.

# A Sincere Thanks

*Thank you to Coburg Village for the delicious meal provided to our members at our March dinner. A thank you to our hard working senior volunteers, middle school and high school student volunteers for assistance with set-up, serving and clean-up.*



Thank you to Deb Grant of **Clear Captions** for sponsoring our St. Patrick's Day "Crazy Hat" Celebration! Congratulations to our Crazy Hat winners:

Ed Moore - \$75 Gift Certificate  
Lucy Gordon - \$50 Gift Certificate  
Gloria Callea - \$25 Gift Certificate

A special thanks to our Judges:  
Councilwoman Amy Standaert & Deb Grant



The Center has had some very successful service projects over the past couple months. We couldn't have done it without our wonderful volunteers who so generously offered their time and donations of materials and party supplies.

**To Love a Child Project:** We were able to assemble over 200 pads, with 100 sewn and ready for delivery.

**Birthday Party Service Project for the Jonesville Food Pantry.** We filled over 50 birthday bags, which included cake mixes, frostings, candles, themed party ware and toys. Thank you to **Friendly's** for the delicious ice cream and to **Hannaford** for the wonderful cupcakes. This along with some fun old time games made this a wonderful, fun and productive event.

## SERVICE PROJECT

**Wednesdays: May 8th & May 22nd**  
**1pm - 3pm**

Do you sew? Can you tie a knot? Come help us to help the Saratoga County Animal Shelter. We will be making fleece cat blankets, catnip toys and dog beds.



A donation box will also be in our main lobby for the months of April & May for anyone who would like to donate an item directly to the shelter. Their current requests are: KMR (kitten formula), Gerber baby food meat, Light Karo syrup, heating pads (used for kittens), plastic cat toys, shoe boxes, snuggle discs, small hard plastic food bowls, towels (large & small). The shelter is currently fully stocked with store bought biscuits. **For the health of their animals, all items need to be laundered and sanitized. Thank you.**

## ENTERTAINMENT & THE ARTS



### April 2019 Art Show at the Clifton Park Senior Community Center Artists: Faith Weldon & Joan Van Alphen

Joan Van Alphen loves working in watercolors, but she also has a passion for acrylics because she "can do so much more in that medium." She recently earned a second-place award in the judge's circle at the Sanford Library's "Colonie Art Show" for a landscape in acrylics. She also enjoys creating abstracts and flowers. In addition to her membership in several area art societies, Joan paints weekly with the "Friday Painters", a small group who share her passion. She meets monthly with another small group of artists, the "Firehouse Painters", who critique each other's work, continuing a practice initiated by their favorite teacher and friend, Karen Rosasco.

FaithWeldon is a retired French teacher who now finds more time to pursue a life-long interest in art. She feels that she is basically a self-taught artist, having taken few formal art courses. Her first efforts in the creative world focused on watercolor with the outdoor world serving to inspire me. In recent years she has moved on to fluid acrylics, collage and pastel. Recent themes include a series on Victorian Ladies, one on musicians, and another on wine bottle collages and floral. Florals are also a favorite subject. Currently a member of the Colonie Art League, the Southern Saratoga Art Society, Schenectady Art Society, and Saratoga Arts, she participates in their shows and have won numerous awards over the years.

*For more information, please contact:  
Show Chairperson Richard Kitchen at  
[rkfineart@gmail.com](mailto:rkfineart@gmail.com) or 925-858-1367.*

### The Capital Dance Orchestra

7:00pm

Saturday, April 13th

Saturday, May 11th

Saturday, June 8th

Saturday, July 13th

*The cost at the door is \$10 per person, \$5 for members. Open to the Public.*

### Live Entertainment, Dancing, and Karaoke with Brian Zapell!

7:00 pm

**2019 Schedule:**

Sunday, June 30th

Sunday, September 29th

Sunday, December 29th

Bring your own snacks. \$5 per person at the door.  
*Open to the Public.*

### **RED HAT MAMAS:**

**Wednesday, April 10th, 12:00 noon at Peddler's  
Bistro**, 16 Clifton Park Village Road, Clifton Park.

Please RSVP by calling Jackie at (518) 630-5796 if your last name begins with A-L or Betty at (518) 406-5167 if your last name begins with M-Z.

### **SINGLES LUNCH BUNCH:**

**Saturday, April 20th at 12:30 pm at Lake Ridge  
Restaurant**, 35 Burlington Ave., Round Lake. All single men and women are invited to join us. Feel free to bring a friend. RSVP by Wed., 4/17 to Sandy Nolin at 518-399-5812 or [sandra4shen@aol.com](mailto:sandra4shen@aol.com).

## LET'S GET CREATIVE - Advance Sign up Required for these programs.

### **Turning Memories into Memoirs**

April 10th, 17th, 24th, May 1st & May 8th  
10:00am to 12:00pm

This five session writing workshop, held here at the Center, is for adults of all ages who would like a gentle, supportive atmosphere and thought provoking assignments. Stories submitted at the end of the workshop are bound into a booklet and added to the Clifton Park-Halfmoon Library's book collection and can be checked out. There is no fee for this workshop. Sponsored by the Clifton Park-Halfmoon Library. **Space is limited. Sign up in advance.**

### **Craft Connection with Rosemarie**

10:00am on Wednesdays:

April 10th - Trinket Box

April 24th - Mother's Day Rose



The only thing required is a sense of humor and a willingness to try. **Space is limited.** Examples of the upcoming month's projects will be at the front desk.

Arts & Crafts

## Let's Move - Registration required for all programs, classes & events.

### SOUL LINE DANCING

Mondays from 1:00pm - 2:00pm:  
4/1, 4/8, 4/15, 4/29 (\$10/month)  
Instructed by Mary & Frank Colby

### LATIN LINE DANCING:

Fridays from 1:00pm - 2:00pm:  
4/12, 4/19, 4/26 (\$10/month)  
Instructed by Ray Nunez & Mark Nunez

### BOKWA® DANCE MOVES:

Tuesdays from 1:00pm - 1:45pm  
4/16 - 5/14  
Africa's answer to Zumba! This energizing cardio routine uses the shape of alphabet letters and numbers for dance steps set to the sounds of African, Caribbean, Latin and American music. Bokwa Dance is a fun easy fitness program for **all** ages and fitness levels! **Free and open to the public compliments of MVP Health Care.**

### CHAIR YOGA:

Mondays from 10:00am - 11:00am  
4/29, 5/6, 5/13, 5/20, 6/3, 6/10 (\$42.00/session)  
6-week session instructed by Bonnie Furlong, RN

### TAI CHI:

Tuesdays from 10:00am - 11:00am  
4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11 (\$49.00/session)  
7-week session instructed by Bonnie Furlong, RN



### BOCCE BALL:

Bocce Ball begins Monday, May 6th & Wednesday, May 8th!  
New Players Welcome!!



In celebration of World Tai Chi Day on Saturday, 4/27, please join us for **Free introductory Tai Chi Classes on: FRIDAY, APRIL 26th**

1:30pm - 2:00pm: Tai Chi for Arthritis - (seated/standing) Instructed by Rich Martin  
2:00pm - 2:30pm: Tai Chi  
Instructed by Bonnie Furlong, RN

### BEGINNER CLOGGING:

Mondays from 11am - 11:45am  
(\$42.00/session)  
Contact Center for April Session Dates  
6-week session instructed by Fran Beaudoin

### INTERMEDIATE CLOGGING:

Mondays from 12noon - 12:45pm  
(\$42.00/session)  
Contact Center for April Session Dates  
6-week session instructed by Fran Beaudoin

### TAI CHI for ARTHRITIS (seated/standing):

Tuesdays from 2:15pm - 3:15pm  
5/7, 5/14, 5/21, 5/28 (\$28.00/session)  
4-week session instructed by Rich Martin

### **YMCA Days**

As a member of the Clifton Park Senior Community Center, you have free access to the Southern Saratoga YMCA on every 1st and 2nd Wednesday of the month. Center members must be in good standing and show their valid membership card at the Y's front desk.



## LET'S TALK - Registration required for all programs, classes & events.

### BASIC COMPUTER SKILLS With Bob Stromberg

10:00am – 12:00pm (Membership not required. No charge but advanced sign up required)

April 1: Email basics

April 8: Using a mouse/touchpad/touch-sensitive screen

April 15: No Class

April 22: Google photos

April 29: Printing photos at home or with a service

\*\*\*\*\*

Bob will be happy to schedule one-on-ones on Tuesdays & Thursdays for members only. Please contact the front desk to sign up.

### SPEED FRIENDING One-on-One

Tuesday, April 16th

**12:30 - 2:00 pm**

Speed Friending helps seniors make new friends in minutes! Feel free to come solo or in a group. Space is limited. Sign up today!!

### Diabetes Support Group

**Friday, April 5th**

**11:00 - 12noon**

Diane Whitten, Cornell Cooperative Extension will be here to discuss Nutrition. Facilitated by Saratoga County Public Health Services.

## A name you can trust.

For information, call  
**(518) 641-3400 or 1-888-519-4455**  
**TTY/TDD (518) 641-4000**

From October 1 through February 14, a representative will be available to speak with you from 8 a.m. to 8 p.m. seven days a week. A representative will be available to speak with you from 8 a.m. to 8 p.m. Monday through Friday the rest of the year.

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We provide: Estate Planning, Elder Law, Asset Protection, Medicaid Planning, Probate & Administration, Real Estate, and Business Law Services.

Schedule a free consultation with us. Glenn provides free consultations every third Thursday of the month at the Clifton Park Senior Center, or in his Office any time. Home visits can be arranged, if needed.



We're by your side so your loved one can stay at home.

Call for a free, no-obligation appointment

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# MAKE IT FIT



*Fitness for mind, body & soul*



# THINGS TO KNOW

**NEW!! Free Legal Assistance held at the Clifton Park Senior Community Center.** Need assistance with Health Care Proxies, Powers of Attorney and/or Simple Wills? Need general legal advice? Please make an appointment by contacting the Office For the Aging at 518-884-4100 and ask for the legal program. Appointments required.


**CLIFTON PARK SENIOR COMMUNITY CENTER REFUND POLICY:** All refund requests must be in writing and received 10 days prior to start of the program. There will be NO refunds after this time. There will be a \$10 non-refundable administrative charge on all refunded registrations. There is a NO REFUND policy with trips & dinners, unless cancelled by the Center.

## SARATOGA COUNTY OFFICE FOR THE AGING

**CONGREGATE & HOME DELIVERED MEALS 363-4020**

**Served Monday-Friday at 12 pm**

Saratoga County Office for the Aging offers hot lunches daily at the Center with advance reservations. Daily lunches are prepared by Northeast Dining & Lodging (NDL). Participants must be at least 60 years old. **First time participants must complete a registration form.** Registered participants must call the kitchen at (518) 383-1343 to make a reservation, **no later than 12 noon**, the day before attending for lunch.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Chicken Divan Rice Spinach Pears	Goulash Broccoli Warm Cornbread Pineapple	Open Face Hot Turkey Sandwich Butternut Squash Warm Cranberry Crunch	Meatloaf w/Gravy Mashed Potatoes Peas Fruit Jell O w/Whipped Topping	Eggplant Rollatini w/ Marinara Sauce Pasta w/ Marinara Sauce Lima Beans Chocolate Cookies
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Sloppy Joe Casserole Peas & Carrots Warm Cornbread Pineapple	Chicken w/Orange Glaze Sauce Brown Rice Sonoma Blend Vegetables Plum Fruit	Hearty Beef Vegetable Soup Brussels Sprouts Warm Biscuit Peaches	Italian Stew Rice Green Beans Chocolate Pudding W/ Whipped Topping	Baked Fish w/Tarragon Sauce Oven Brownd Potato Mixed Vegetables Banana
<b>15</b>	<b>16</b>	<b>17 <i>Easter Special</i></b>	<b>18</b>	<b>19</b>
Herb Chicken w/ Gravy Stuffing Butternut Squash Mandarin Oranges	Pasta Bake w/Meat Sauce Wax Beans Peas Fruit Cocktail	Baked Ham w/Pineapple Sauce Sour Cream & Chive Mashed Potatoes Creamed Corn Dinner Roll Frosted Lemon Cake	Spanish Beef & Rice Caserole Carrots Cornbread Orange Whip	Tuna Salad on Wheat Marinated Green Beans Coleslaw Pears
<b>22</b>	<b>23</b>	<b>24 <i>Birthday Special</i></b>	<b>25</b>	<b>26</b>
Pasta w/Meatballs Mixed Vegetables Parmesan Cheese Plum Fruit	Veggie Breakfast Sausage French Toast Strata w/ Syrup Warm Spiced Pears Orange Juice	Chicken & Biscuit Broccoli Frosted Cake	Apple Glazed Pork Mashed Sweet Potatoes Cabbage Dinner Roll Fruit Jell O w/Topping	Sliced Roast Beef w/ Gravy Red Bliss Potatoes Lima Beans Peaches
<b>29</b>	<b>30</b>	<p><i>Menu Subject To Change. Coffee, Tea and Butter are served daily at sites. The suggested contribution is \$2 per meal. There is a \$6 fee for guests under the age of 60. Please make checks payable to: Northeast Dining and Lodging, c/o Saratoga County Office for the Aging, 152 West High Street, Ballston Spa, NY 12020</i></p> 		
Fish Florentine over Brown Rice Sonoma Vegetables Warm Berry Crunch	Stuffed Shells w/Meat Sauce Wax Beans Peas Chocolate Cookies			

# DAILY ACTIVITY CALENDAR

## Daily Activity Calendar

(\*denotes free activity/class for members)

Clifton Park Senior Community Center, 6 Clifton Common Court, Clifton Park

Monday	Tuesday	Wednesday	Thursday	Friday
Tap (Int. II) 9-10 am	Exercise to Tapes* 8:45-9:45 am	Exercise to Tapes* 8:45-9:45 am	Exercise to Tapes* 8:45-9:45 am	Orchestra* 9-10:55 am
Jazz 10-10:45 am	Pool & Billiards* 9-12 pm	Senior Investment Club 9:30-11:30 am (2nd Wed.)	Pool & Billiards* 9-12 pm	Tap Advanced 9-10 am
Chair Yoga 10-11:00 am	Duplicate Bridge Lesson 10-11:00 am	TOPS 10-11:30 am	Yoga 10-11:00 am	Woodcarving* 9-12noon
Bocce* (May - Oct) 10-11:30 am	Tai Chi 10-11:00 am	Bocce* (May - Oct) 10-11:30 am	Chorus* 10:00-11:30 am	Ballet 10-10:45 am
Basic Computer Class* 10-12 noon	Dice: LCR or Dice 3000* 10-12 pm (every week)	Memories to Memoirs* 10-12 pm (2nd Wed)	Watercolors & Sketching 10-12:30 pm	Dominoes* 10-11:30 am
Adult Coloring* 10:30-12 pm (1st, 3rd Mon)	Duplicate Bridge 11:30-3:30 pm	Social Bridge* 10-12 pm	Seton Health "Seniorcize"* 11-12 pm (Seasonal)	Social Bridge 10-12noon
Discussion Group* 10:30-12 pm (2nd, 4th Mon)	Congregate Lunch 12 pm	Craft Class (2x/month) 10-12 pm	Duplicate Bridge 12:00-4 pm	Big Band* 10:55-12:20 pm
Beginner Clogging 11-11:45 am	MVP Zumba/Bokwa* 1-2 pm (Seasonal)	Congregate Lunch 12 pm	Congregate Lunch 12 pm	Diabetes Workshop* 11am-12 pm (1x a Month)
Congregate Lunch 12 pm	Tai Chi for Arthritis 2:15-3:15 pm	Hand and Foot (Cards)* 1-3 pm (weekly)	Pinochle* 12:30-3 pm	Movie Day* 12:30 pm (1st Friday of Month)
Clogging 12-1:30 pm	Scrabble* 1-4 pm	Poker* 1-3 pm	American Mahjong* 12:30-4 pm	BINGO 12:30 pm (see game page)
Soul Line Dancing 1-2 pm	Mexican Train* 1-4 pm	Crocheting & Knitting* 1-3 pm	BUNCO (Dice) 1-3 pm (1st Thursday of month)	Congregate Lunch 12 pm
Quilting Group* 1-3 pm		Osteo-Exercise* 2:30-3:30 pm		Creative Jewelry Making* 12:30 - 2:00 pm (every other)
Beginner Bridge* 1:30-3:30 pm				Scrabble* 12:30-2:30 pm
Osteo-Exercise* 2:30-3:30 pm				Latin Line Dancing 1-2 pm
				Osteo Exercise* 2:30-3:30 pm



### MOVIE MATINEE: Mamma Mia

Friday, April 5, 2019 at 12:30pm

Starring Meryl Streep, Pierce Brosnan, Amanda Seyfried. Comedy/Musical/Romance.

PG-13. 1hr 48min

The story of a bride-to-be trying to find her real father told using hit songs by the popular 1970s group ABBA.

All dates are subject to change.

Please contact the Front Desk at (518) 383-1343 to verify event dates, sign up for classes, confirm session start dates or to make an appointment.

## BUS TRIPS

☆ **WEST POINT TOUR:**

**Tuesday, April 30th**

8:00am departure from Ice Rink; 6:30pm back at the Ice Rink

Visit West Point with a 90 minute tour, enjoy a Buffet Lunch at the Historic Thayer Hotel, and then we'll have a tour and tasting at the Brotherhood Winery.

\$92 members / \$99 non-members

☆ **RIVERVIEW INN, MATAMORA PENNSYLVANIA "Remembering Days of Yesteryear":**

**Monday, May 13th**

8:00am departure from the Ice Rink; 6:00pm back at the Ice Rink

Enjoy a trip down memory lane with your favorite entertainers from the past. Enjoy a wonderful meal followed by entertainment by Jo Jo Russell. He will have you laughing, singing, and dancing! We will stop at the point where the 3 states meet in the Delaware River...a rock marks the spot! If you stand on it you will be in all 3 states at the same time! The **Riverview Inn** is a Wedding, Banquet and Party facility located on the scenic Delaware River in the Pocono Mountains of northeastern Pennsylvania.

\$75 members / \$82 non-members

☆ **THOUSAND ISLANDS ADVENTURE: (WAIT LIST ONLY)**

**Friday, May 31st - Monday, June 3rd**

4 days, 3 nights

\$569 Per Person (double occupancy); \$699 Per Person (single occupancy)

☆ **BARRINGTON STAGE CO., PITTSFIELD, MASS - "Into the Woods" Tony Award Winning Musical:**

**Wednesday, June 26th**

10:30am departure from the Ice Rink; 5:00pm back at the Ice Rink

This is a fabulous show and NOT the children's stories that we grew up with.

We'll start with lunch at the Highland Restaurant in Pittsfield MA

\$83members / \$89 non members

☆ **WASHINGTON, DC:**

**Thursday, October 10-Monday, October 14**

Two Guided Tours of Washington, DC including the WW II Memorial, Capitol Hill, Embassy Row, the Korean War Veterans Memorial, the Vietnam Veterans Memorial, the Smithsonian, the Martin Luther King, Jr. National Memorial, the Lincoln Memorial, and more! The New Museum of the Bible! 430,000 Square Feet of Biblical History. Admission to George Washington's Mount Vernon Estate & Garden. Tram Ride through Arlington National Cemetery

\$635 Per Person (Double Occupancy) - \$30 additional for non-members

**Trips will begin and end at the Clifton Park Ice Arena, 16 Clifton Common Blvd, Clifton Park**

There are no Refunds unless the trip is cancelled.

**Checks made payable to the Town of Clifton Park and mailed to 6 Clifton Common Court, Clifton Park. NY 12065**

**Please see our TRIPS bulletin board for other sister senior center trips, and travel as a member!!**

SUE



RAINA



DONOVAN



SHIRLEY



ROSE





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

**PRSRT STD**  
**US POSTAGE PAID**  
**Clifton Park, NY**  
**Permit No. 58**

**TO: CURRENT OCCUPANT OR**

**Town Staff Directory**

Town Supervisor Phil Barrett	371-6651
Town Board Members	371-6651
Animal Control Officer	371-6756
Town Attorney Tom McCarthy	371-6651
Assessor Walter Smead	371-6460
Building & Development Director Steve Myers	371-6702
Building & Grounds Director Dan Clemens	371-6651
Town Clerk Pat O'Donnell	371-6681
Town Court - 5 Municipal Plaza	371-6668
Town Comptroller Mark Heggen	371-6651
Storm Water Management Technician Scott Reese	371-6054
Highway Superintendent Dahn Bull	371-7310
Parks & Recreation Director Myla Kramer	371-6667
Planning Director John Scavo	371-6054
Receiver of Taxes Rose Savallo	371-5720
Director of Safety & Security Lou Pasquarell	348-7311
Town Security Officers	369-6651
Sewer Director Mike O'Brien	348-7313
Transfer Station Supervisor Jeff Vedder	371-6669
Senior Community Center Director Sue Leonard	383-1343

**Email your Town Board**

- Supervisor Phil Barrett:** [pbarrett@cliftonpark.org](mailto:pbarrett@cliftonpark.org)
- Deputy Supervisor Lynda Walowit:** [lwalowit@cliftonpark.org](mailto:lwalowit@cliftonpark.org)
- Councilman Jim Romano:** [jromano@cliftonpark.org](mailto:jromano@cliftonpark.org)
- Councilman James Whalen:** [jwhalen@cliftonpark.org](mailto:jwhalen@cliftonpark.org)
- Councilman Amy Standaert:** [astandaert@cliftonpark.org](mailto:astandaert@cliftonpark.org)

**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.



**Senior Van Dispatch**  
**at 371-4444**  
**9:00am - 1:00pm**

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 and Recreation Departments open at 8:00 AM Monday through Friday.