Clifton Park Senior Community Center

Monthly Newsletter
November 2019

Clifton Park Senior Community Center
6 Clifton Common Ct
Clifton Park, NY 12065
(518) 383-1343
www.cliftonpark.org
Like us on Facebook:
https://www.facebook.com/CliftonParkSeniorCenter/

Please make checks payable to:
Town of Clifton Park

Center Hours
Monday—Friday
9am—4pm

Facility and room rental available for special events after hours.

Upcoming Center Closings

VETERAN’S DAY:
MONDAY, 11/11

THANKSGIVING DAY:
THURSDAY, 11/28

DAY AFTER
THANKSGIVING:
FRIDAY, 11/29

NOVEMBER DINNER
Featuring Deets Catering
Wednesday, November 13
Doors open at 5:30pm

Garden Salad with House Balsamic Vinaigrette Dressing
Stuffed Boneless Chicken Breast with Gravy
Mashed Potatoes
Steamed Green Beans
Rolls
Cranberry sauce
Brownie

$10/Members --- $15/Non-Members

*Sign up for our December dinner will begin on Monday, December 18th*

NEW YORK IN BLOOM
QUILT RAFFLE

1st Prize - New York In Bloom (Queen Sized Quilt)
2nd Prize - Stars at Twilight (Quilt Wall Hanging)
3rd Prize - Posies (Quilt Table Runner)

Handmade by our very talented Quilters, the 2019 quilt is named “New York in Bloom.”

Drawing to be held on: Monday, December 16th at 2PM
$2 per Ticket. You do not need to be present to win.
Community Quilt Raffle to benefit Captain Youth & Family Services
**Upcoming Events**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, November 5th</td>
<td>8:00am - 4:00pm</td>
<td>Election Day BAKE SALE</td>
</tr>
<tr>
<td>Wednesday, November 6th</td>
<td>9:00am - 12 noon</td>
<td>Service Project: Operation Adopt A Soldier (All are welcome!)</td>
</tr>
<tr>
<td>Wednesday, November 6th</td>
<td>12:30pm</td>
<td>EEE: Magic with Mike! He’s Back and will be performing all new magic tricks!</td>
</tr>
<tr>
<td>Thursday, November 7th</td>
<td>8:00am</td>
<td>TRIP: Kykuit - Rockefeller Estate and Walkway Over the Hudson</td>
</tr>
<tr>
<td><strong>Friday, November 8th</strong></td>
<td>1:00pm</td>
<td>Veteran’s Recognition Celebration. All are welcome! Sign up at front desk!</td>
</tr>
<tr>
<td>Monday, November 11th</td>
<td>ALL DAY</td>
<td>Center Closed. Happy Veteran’s Day!</td>
</tr>
<tr>
<td>Wednesday, November 13th</td>
<td>5:30pm</td>
<td>Monthly Dinner: Featuring Deets Catering</td>
</tr>
<tr>
<td>Thursday, November 14th</td>
<td>10:00am - 1:00pm</td>
<td>FLU SHOT CLINIC by Rite Aid Pharmacy</td>
</tr>
<tr>
<td>Friday, November 15th</td>
<td>10:30am - 11:30am</td>
<td>Monthly Blood Pressure Clinic</td>
</tr>
<tr>
<td>Wednesday, November 20th</td>
<td>12:30pm</td>
<td>EEE: Laughter Yoga</td>
</tr>
<tr>
<td>Thursday, November 28th</td>
<td>ALL DAY</td>
<td>Center Closed. Happy Thanksgiving!</td>
</tr>
<tr>
<td>Friday, November 29th</td>
<td>ALL DAY</td>
<td>Center Closed.</td>
</tr>
<tr>
<td>Wednesday, December 4th</td>
<td>8:00am</td>
<td>TRIP: Holiday Train Show - NYC Botanical Gardens/Bronx Zoo</td>
</tr>
<tr>
<td>Monday, December 9th</td>
<td>12:30pm</td>
<td>EEE: The Shen Showstoppers</td>
</tr>
<tr>
<td>Wednesday, December 11th</td>
<td>12:30pm</td>
<td>EEE: Citizen’s Preparedness Presented by NY Army National Guard. More info to follow.</td>
</tr>
<tr>
<td>Monday, December 16th</td>
<td>4:45pm</td>
<td>TRIP: Albany Capital Lights in the Park (Group to depart from Halfmoon Diner)</td>
</tr>
<tr>
<td>Monday, December 16th</td>
<td>2:00pm</td>
<td>Quilt Raffle Drawing</td>
</tr>
</tbody>
</table>

**Service Project**

**Soldier Stockings – Operation Adopt A Soldier**

**Wednesday November 6th - 9am**

We are in need of travel sized shampoo, conditioner, lotion, baby powder, toothpaste, toothbrushes. Regular sized: deodorant, Chapstick, baby wipes, nail clippers, sunscreen, cough drops, hard candy, candy bars, gum, beef jerky, trail mix, dried fruit & nuts, energy bars, flea collars. **Small games**: dice, cards, word search, Sudoku, coloring books, DVD movies, etc. **We are in need of your leftover Halloween Candy for the November 6th Filling of the Stockings.** These stockings will be shipped via: [www.OperationAdoptASoldier.org](http://www.OperationAdoptASoldier.org) out of Saratoga.
Pre-registration required at the front desk. Free. Membership Not Required.

All Presentations begin at 12:30pm

Wednesday, November 6, 2019
TOPIC: MAGIC WITH MIKE
He’s Back! And he will be performing all new magic tricks! 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.

Wednesday, November 20, 2019
TOPIC: LAUGHTER YOGA (Instructed by Deb Foss)
Laughter is THE best medicine! Not only does it increase happiness, but laughter yoga may also strengthen the immune system, reduce pain, and relax the body. Make some new friends, get goofy, and let your inner kid out to play. All ages and abilities are welcome! Deb Foss is a Kripalu certified yoga teacher, bodyworker and facilitator with over 25 years of experience. She has been a certified Yoga Laughter instructor for the past 8 years and loves to make people happy.

Monday, December 9, 2019
PERFORMERS: THE SHEN SHOWSTOPPERS are alive and still kicking!
At ages 69 to 94, many of the Showstoppers have studied at our center, since 2003, with teacher/choreographer Janet Murphy, a former Rockette. They have performed locally at The Miss Empire Rose/Empire Star pageants (preliminary competitions for Miss America), Senior Expos and senior residences. They were also selected three times to perform at the sold out performances of The Senior Interstate Tap Show in Fair Lawn, NJ. Come and enjoy watching them perform a 25 minute dance program, with music by Frank Sinatra, Michael Bublé, Leroy Anderson and others.
www.ShenShowstoppers.blogspot.com

If you have a talent to share, please let the front desk know.

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. Saratoga County Office for the Aging is funded by Title III of the Older Americans Act, New York State Office for the Aging, the County of Saratoga and local Municipalities.

Rite Aid FLU SHOT CLINIC
THURSDAY, November 14th
10:00am - 1:00pm

*By Appointment Only at the Front Desk*
Pharmacist will also be bringing some pneumonia, tetanus, whooping cough & the new shingles vaccine for those interested. These vaccines are typically free with most Medicare insurances!

Please bring your Pharmacy/Medicare Cards (Part B and D) with you. Completion of a short Questionnaire/Consent Form (available at the front desk) will be required at time of appointment.
Flu vaccine takes 2 weeks to become fully effective so we highly encourage everyone to get the vaccine ASAP once it becomes available.
**LET’S TALK** - Registration required for all programs, classes & events.

**Men’s Discussion Group**
*Participants choose the topics!*
**Tuesday, November 5th & Wednesday, November 20th**
10:30 am - 12:00 pm

Come in and join your fellow members for interesting conversation. You can help to create new and interesting programs here at the Senior Center. Please sign up in advance at the front desk.

**The Truth About Heaven**
*A Biblical Perspective*
**Wednesday, November 20th**
11:15am - 12:15pm

Is it real? What is it like? How can I get there? What will we do there? Will I see my loved ones there? Come and join this informal discussion group. Bring a Bible if you wish. Please sign up at the front desk.

**Diabetes Support Group** (1st Friday of each month)
**Friday, November 1st**
11:00 am - 12:00 pm

**LET’S GET CREATIVE**

**Craft Connection**
*10am - 12noon*

**Wednesday, November 13th:** Stampin’ Up Cards with Guest Crafter Chris Bisceglia
**Wednesday, November 27th:** Holiday Luminaries with Rosemarie Samaniuk
**Wednesday, December 4th:** Craft to be Announced with Guest Crafter Kathy Sullivan

Advance sign up required as space is limited. Free. Examples of the upcoming project will be at the front desk.

**LET’S MOVE** - Registration required for all programs, classes & events.

**SOUL LINE DANCING** *Instructed by Mary & Frank Colby*
**Mondays from 1:00pm - 2:00pm:**
11/4, 11/18, 11/25 ($12/month)

**LATIN LINE DANCING** *Instructed by Ray Nunez & Mark Nunez*
**Fridays from 1:15pm - 2:15pm:**
11/1, 11/8, 11/15, 11/22 ($12/month)

**HOBBY HULA** *4-week session instructed by Susanne Poulette*
**Wednesdays from 10am - 11am**
11/6, 11/13, 11/20, 11/27 - FREE

**CLOGGING (BEGINNER)** *Instructed by Fran Beaudoin*
**Mondays from 11am - 11:45am**
11/4, 11/18, 11/25, 12/2, 12/9 ($35/5-week session)

**CLOGGING (INTERMEDIATE)** *Instructed by Fran Beaudoin*
**Mondays from 12pm - 1pm**
11/4, 11/18, 11/25, 12/2, 12/9 ($35/5-week session)

**STRONG BONES AND BALANCE**
*Wednesdays at 1:15pm*
11/13, 11/20, 11/27 ($15/3-week session)

By Teresa Burke BS. Kinesiology, FMS, NASM-CPT, PES, FNC.

Did you know that weight baring exercises will help you increase and maintain Bone Density? Did you know the balance exercises you learn in my class will help you prevent falls and help you stay independent for longer in your life? Strong Bones and Balance class will do just that for your body! Using hand weights and body weights, this NEW PROGRAM will get you stronger bones and better balance. You will learn exercises to help you walk with better posture and confidence. I will teach you how to perform the exercises the right way and in a safe way for better results. Don’t miss out on this opportunity. You will gain better posture, balance and stronger bones.
Thank you to ClearCaptions for sponsoring our October 16th dinner, featuring a delicious meal from Distinctive Catering of Albany & Saratoga. Thank you to Ballston Spa National Bank & our Center volunteers who helped with this event!

Thank you to Frito Lay and Freihofer’s for their donations toward the Basket Party.

Our annual Basket Party on Sunday, October 6th, was a great success! We had over 100 attendees! Thank you to Shirley Roberts for all your hard work in coordinating this successful event every year. Many thanks to the volunteers who assisted and to those who made & donated the beautiful baskets!

Thank you to Frito Lay and Freihofer’s for their donations toward the Basket Party.

TIME TO RENEW!
ALL members must complete an updated 2020 Membership Application, to be submitted with your annual membership fee of $15.

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>Middle</th>
<th>Sex</th>
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</tbody>
</table>

Address

Email:

Medical Issues you would like us to be aware of:

Date of Birth | Home Phone # | Cell Phone #
---------------|--------------|--------------

Emergency Contact Name | Relation | Emergency Contact Phone #
------------------------|---------|---------------------
Alternate Emergency Contact Name | Relation | Alt. Contact Phone #

How did you hear about the Center?

How would you like to receive your newsletter? ☐ Picked up at Center ☐ Mailed ☐ Emailed ☐ No thank you

I hereby authorize the Clifton Park Senior Community Center to publish the photographs taken of me, and my name, for use in the Center’s printed publications and website.

I agree to follow the Center’s Code of Conduct that is posted in the lobby.

______________________________ Date ________________
Signature

www.saratoga-catering.com
(518) 858-2184

6 Clifton Common Court
Clifton Park, New York 12065
518.583.1943

Clifton Park Senior Community Center
2020 Membership Application
The themed Art Show, "Local People, Places or Things" will be held during the month of November at the Clifton Park Senior Community Center, by members of the Southern Saratoga Art Society. All of the works will feature this theme and be discussed at our monthly meeting on Monday, November 25th, 6:30 p.m. at the Senior Center. Stop in and see this show and support the arts in Southern Saratoga County. For more information about SSAS visit our website: southernsaratogaartist.com

**Upcoming Concerts**

1:00 pm

**Chorus:** 12/12  
**Orchestra on the Common:** 12/13  
**Swing Band:** 12/20

Free. Open to the Public.

**THE CAPITAL DANCE ORCHESTRA**

7:00 pm on Saturday, November 9th

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

**SINGLES LUNCH BUNCH:**
Saturday, November 16th at 12:30pm, at Ma Ma Mia Pizza & Café, 185 Ballston Ave., Saratoga. We will order off the menu, have separate checks, recognize birthdays for the month, and welcome new friends. Please RSVP to Sandy by Wed, Nov 13th at 518 399-5812 or sandra4shen@aol.com

**RED HAT MAMAS:**
Wednesday, Nov. 13th, 12:00 noon at Cracker Barrel, 4 Tower Way, 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.

The themed Art Show, "Local People, Places or Things" will be held during the month of November at the Clifton Park Senior Community Center, by members of the Southern Saratoga Art Society. All of the works will feature this theme and be discussed at our monthly meeting on Monday, November 25th, 6:30 p.m. at the Senior Center. Stop in and see this show and support the arts in Southern Saratoga County. For more information about SSAS visit our website: southernsaratogaartist.com
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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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CDPHP Universal Benefits, Inc.

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518-371-2200
www.cliftonparkmemories.com
If you are looking for guidance for other-than “standard estate planning”, we can help! Glenn’s got Moxie! Let him put it to work for you!

Glenn Witecki has been practicing law for 35 years and can help you plan by answering critical questions, including: How can I protect my house if I go into a nursing home? How would the purchase of some annuities disqualify me from receiving Nursing Home Medicaid for an extended period of time?

Glenn provides free consultations every 3rd Thursday of the month at the Clifton Park Senior Center, or in his office any time. Evening hours available. Home visits can be arranged.

The Witecki Law Office
8 South Church Street, Schenectady, NY 12305
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.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>1-4</td>
<td>5-8</td>
<td>9-11</td>
<td>12-15</td>
<td>16-29</td>
</tr>
<tr>
<td>Hot Turkey Sandwich w/Gravy</td>
<td>Butternut Squash</td>
<td>Warm Cranberry Crunch</td>
<td>Breaded Fish on a Bun</td>
<td>Tartar Sauce</td>
</tr>
<tr>
<td>4</td>
<td>Chicken w/Orange Glaze Sauce</td>
<td>Brown Rice</td>
<td>Key Biscayne Blend Vegetables</td>
<td>Plum Fruit</td>
</tr>
<tr>
<td>Sloppy Joe Pasta Bake Peas</td>
<td>Cauliflower</td>
<td>Dinner Roll</td>
<td>Yogurt</td>
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<tr>
<td>Hearty Beef Vegetable Soup</td>
<td>Brussels Sprouts</td>
<td>Warm Biscuit</td>
<td>Oyster Crackers</td>
<td>Peaches</td>
</tr>
<tr>
<td>Meatloaf w/Gravy</td>
<td>Mashed Potatoes</td>
<td>Corn</td>
<td>Orange Whip</td>
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<tr>
<td>11 CLOSED</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
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<tr>
<td>Baked Fish w/Picatta Sauce</td>
<td>Over Brown Rice</td>
<td>Spinach</td>
<td>Warm Apple Cobbler</td>
<td></td>
</tr>
<tr>
<td>Pork Loin w/Cranberry Mustard Sauce</td>
<td>Red Bliss Potato</td>
<td>Vegetable Trio</td>
<td>Pears</td>
<td></td>
</tr>
<tr>
<td>Spanish Beef &amp; Rice Casserole</td>
<td>Carrots</td>
<td>Warm Cornbread</td>
<td>Apricot Whip</td>
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<tr>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>Creamy Chicken Vegetable Stew</td>
<td>Broccoli</td>
<td>Warm Biscuit</td>
<td>Mandarin Oranges</td>
<td></td>
</tr>
<tr>
<td>Apple Glazed Pork</td>
<td>Mashed Sweet Potatoes</td>
<td>Cabbage</td>
<td>Dinner Roll</td>
<td>Chocolate Cookies</td>
</tr>
<tr>
<td>Italian Style Meatloaf</td>
<td>Garlic Mashed Potatoes</td>
<td>Zucchini &amp; Yellow</td>
<td>Squash</td>
<td>Fruit Jell-O w/Whipped Topping</td>
</tr>
<tr>
<td>Macaroni &amp; Cheese</td>
<td>Stewed Tomatoes</td>
<td>Brussels Sprouts</td>
<td>Pineapple</td>
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<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28 CLOSED</td>
<td>29 CLOSED</td>
</tr>
<tr>
<td>Fish Florentine over Brown Rice</td>
<td>California Blend Vegetables</td>
<td>Warm Berry Crunch</td>
<td>Pasta w/Meatballs</td>
<td>Mixed Vegetables</td>
</tr>
<tr>
<td>Five Spice Chicken</td>
<td>Baked Sweet Potato</td>
<td>Beets</td>
<td>Dinner Roll</td>
<td>Pears</td>
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</tbody>
</table>

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

MONTHLY BLOOD PRESSURE CLINIC
Please join Clifton Park Halfmoon EMS at a monthly blood pressure clinic! They will be on hand each month to check and record your blood pressure, answer any questions you may have about them and the services they perform, and provide educational materials to the senior center community. Hope to see you there!

**Friday from 10:30am - 11:30am**
November 15th & December 13th

FRIENDSHIP DINNER
THURSDAY, NOVEMBER 21st
The Shen Schools are once again holding a Friendship Dinner. Free tickets can be obtained at the front desk. Space is limited.

CAPITAL REGION TOYS FOR TOTS CAMPAIGN:
DROP OFF TOYS AT OUR CENTER!
We are helping the U.S. Marine Corps Reserve once again this year with their Toys for Tots campaign. You can help out too by dropping off a new, unwrapped toy at our Center. We are collecting toys until December 13th, so there is plenty of time to participate!
**DAILY ACTIVITY CALENDAR**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Friday</th>
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<tbody>
<tr>
<td>Tap (Int. II)</td>
<td>Exercise to Tapes* 9:00-10:00 am</td>
<td>Exercise to Tapes* 9:00-10:00 am</td>
<td>Golf League 7:30 am (May - Sept)</td>
<td>Orchestra* 9:10-5:55 am</td>
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<tr>
<td>Jazz</td>
<td>Pool &amp; Billiards* 9-12 pm</td>
<td>Senior Investment Club 9:30-11:30 am (1st &amp; 2nd Wed.)</td>
<td>Exercise to Tapes* 9:00-9:55 am</td>
<td>Tap Advanced 9-10 am</td>
</tr>
<tr>
<td>Chair Yoga</td>
<td>Duplicate Bridge Lesson 10-11:00 am</td>
<td>Hobby Hula* 10:11:00 am</td>
<td>Pool &amp; Billiards* 9-12 pm</td>
<td>Woodcarving* 9-12noon</td>
</tr>
<tr>
<td>Bocce* (May - Oct)</td>
<td>Tai Chi 10-11:00 am</td>
<td>TOPS 10-11:30 am</td>
<td>Yoga 9:55-10:55 am</td>
<td>Ballet 10-10:45 am</td>
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<tr>
<td>Adult Coloring*</td>
<td>Dic: LCR or Dice 3000* 10-12 pm (every week)</td>
<td>Memories to Memoirs* 10-12 pm (2nd Wed)</td>
<td>Chorus* 10:00-11:30 am</td>
<td>Bocce* (Sept - Oct) 10-11:30 am</td>
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<tr>
<td>Discussion Group*</td>
<td>Men's Discussion Group* 10:30-12 pm (1st Tues.)</td>
<td>Social Bridge* 10-12 pm</td>
<td>Watercolors &amp; Sketching 10-12:30 pm</td>
<td>Dominoes* 10-11:30 am</td>
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<tr>
<td>Beginner Clogging</td>
<td>Duplicate Bridge 11:30-3:30 pm</td>
<td>Craft Class * (2x/month) 10-12 pm</td>
<td>Seton Health &quot;Seniorcize&quot;* 11-12 pm (Seasonal)</td>
<td>Blood Pressure Clinic* 10:30-11:30 am (monthly)</td>
</tr>
<tr>
<td>Congregate Lunch</td>
<td>Congregate Lunch 12 pm</td>
<td>Men's Discussion Group* 10:30-12 pm (3rd Wed)</td>
<td>Duplicate Bridge 12:00-4 pm</td>
<td>Big Band* 10:55-12:20 pm</td>
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<tr>
<td>Intermediate Clogging</td>
<td>MVP Zumba/Bokwa* 1-2 pm (Seasonal)</td>
<td>Bowling Club 12 pm (every other week)</td>
<td>Congregate Lunch 12 pm</td>
<td>Diabetes Workshop* 11am-12pm (1x/Month)</td>
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<tr>
<td>Soul Line Dancing</td>
<td>Basic Computer Class* 1-3 pm</td>
<td>Congregate Lunch 12 pm</td>
<td>Pinochle* 12:30-3 pm</td>
<td>Movie Day* 12:30 pm (1st Friday)</td>
</tr>
<tr>
<td>Quilting Group*</td>
<td>Tai Chi for Arthritis 2:15-3:15 pm</td>
<td>Strength &amp; Conditioning 1pm-1:45pm</td>
<td>American Mahjong* 12:30-4 pm</td>
<td>BINGO 12:30 pm (dates below)</td>
</tr>
<tr>
<td>Beginner Bridge*</td>
<td>Scrabble* 1-4 pm</td>
<td>Poker* 1-3 pm</td>
<td>Asian Mahjong* 1-4 pm</td>
<td>Congregate Lunch 12 pm</td>
</tr>
<tr>
<td>Healthy Bones for Life*</td>
<td>Hand &amp; Foot/Mexican Train* 1-4 pm</td>
<td>Crocheting &amp; Knitting* 1-3 pm</td>
<td>Creative Jewelry Making* 12:30 - 2:00 pm (every other)</td>
<td>Learn to Play Strategic Scrabble* 1 pm - 4:00 pm</td>
</tr>
<tr>
<td>(Medical Clearance &amp; paperwork required to attend )</td>
<td></td>
<td>Healthy Bones for Life* (Medical Clearance &amp; paperwork required to attend )</td>
<td></td>
<td>Latin Line Dancing 1:15-2:15pm</td>
</tr>
</tbody>
</table>

*denotes free activity/class for members

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**MOVIE MATINEE:** **One Christmas Eve (2014)**

Friday, November 1, 2019 at 12:30pm

Starring Anne Heche, Kevin Daniels, Carlos Gomez

Family/Comedy. 1 hour 26 minutes

A recently divorced woman attempts to make this Christmas extra special for her children but it doesn't turn out the way she planned - everything is going wrong.

**SPACE IS LIMITED AS NOVEMBER MOVIE WILL BE HELD IN THE LIBRARY.**

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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.
THINGS TO KNOW

**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.

**We invite seniors 50+ to visit one day as our guest and learn more about all of our programs.** After that, participation in most activities requires membership. The cost is only $15. All are welcome regardless of where you live.

**CPSCC 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.

COME JOIN US!

**Bowling Club!**
Every other Wednesdays from 12pm-2:30pm November 6th, November 20th, December 4th, December 18th. $10 paid at Spare Time, 1668 Route 9, CP. This will include 2 games, 2 slices of pizza, coffee or soda. Call the Center & sign up today!

**Interested in learning a new game?**
*Pinochle  *Hand and Foot  *Bridge  *LCR & Dice  
*3000  *Mexican Train  *Asian & American Mahjong
*Rummikub  *Strategic Scrabble
*Check dates & times under “Daily Activities."

**Interested in teaching a new game?**
We are looking for volunteers to teach new games (Canasta, Phase 10, etc.) to our members. If you are interested, please contact the front desk.

BUS TRIPS

**HOLIDAY TRAIN SHOW - NYC BOTANICAL GARDENS & HOLIDAY LIGHTS AT THE BRONX ZOO**
Wednesday, December 4th, 2019 (8:00 am Departure – 8:30 pm Return $56 Members/ $61 Non-Members (meals are not included) (WAIT LIST ONLY)

**ALBANY CAPITAL LIGHTS IN THE PARK**  **Group will depart from Halfmoon Diner**
Monday December 16, 2019 $19 per person-Members only (WAIT LIST ONLY)

Trips will begin and end at the Clifton Park Ice Arena, 16 Clifton Common Blvd, Clifton Park unless noted otherwise. There are no Refunds unless the trip is cancelled.

Checks to be 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!!

Neither the Clifton Park Senior Community Center nor the Town of Clifton Park can endorse or take responsibility for any organizations or services advertised in this publication.
TO: CURRENT OCCUPANT OR

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.

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**Town Staff Directory**

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

- Supervisor Phil Barrett: pbarrett@cliftonpark.org
- Deputy Supervisor Lynda Walowit: hwalowit@cliftonpark.org
- Councilman Jim Romano: jromano@cliftonpark.org
- Councilman James Whalen: jwhalen@cliftonpark.org
- Councilman Amy Standaert: astandaert@cliftonpark.org

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**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 ap-

Senior Van Dispatch

at 518-371-4444

9:00am – 1:00pm