Clifton Park Senior Community Center
Monthly Newsletter
February 2019

The Snow Ball
at the Clifton Park Senior Community Center

MONDAY, FEBRUARY 11TH - DOORS OPEN AT 5:30 PM
$10 MEMBERS / $15 NON-MEMBERS

Food prepared by:

Home of the Good Shepherd

• Finger Sandwiches • Fruit & Cheese Display •
• Crudité Platter • Stuffed Mushrooms • Scallops Wrapped in Bacon •
• Sweet & Sour Meatballs • Pigs in a Blanket •
• Assortment of Mini Cheese Cakes & Gourmet Cupcakes •

We Do Fondue
We Go With The Flow

• Chocolate Fondue • Punch Fountain •

Live entertainment and dancing with
The Capital Dance Orchestra
(formerly the Greg Nazarian Band)

Please sign up at the front desk. Space is limited.
### News & Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
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</thead>
<tbody>
<tr>
<td><strong>Friday, February 1st</strong></td>
<td>11:00am</td>
<td>Diabetes Support Group</td>
</tr>
<tr>
<td><strong>Thursday, February 7th</strong></td>
<td>All Day</td>
<td>Fundraising with Friendly’s for Service Project Event on 3/20/19</td>
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<tr>
<td><strong>Friday, February 8th</strong></td>
<td>All Day</td>
<td>Fundraising with Friendly’s for Service Project Event on 3/20/19</td>
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<tr>
<td><strong>Fridays, February 8th &amp; 22nd</strong></td>
<td>12:30pm</td>
<td>Creative Jewelry Making Class with Judy</td>
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<tr>
<td><strong>Friday, February 8th</strong></td>
<td>1:00pm</td>
<td>Latin Line Dancing - February Session Begins</td>
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<tr>
<td><strong>Monday, February 11th</strong></td>
<td>1:00pm</td>
<td>Soul Line Dancing - February Session Begins</td>
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<tr>
<td><strong>Tuesday, February 12th</strong></td>
<td>12:15pm</td>
<td>VAN TRIP: “I Have a Dream” at Proctors Mainstage</td>
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<tr>
<td><strong>Tuesday, February 12th</strong></td>
<td>2:15pm</td>
<td>Seated Tai Chi - New Session Begins</td>
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<tr>
<td><strong>Wednesdays, February 13th &amp; 27th</strong></td>
<td>1:00pm</td>
<td>Service Project: To Love a Child Foundation</td>
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<tr>
<td><strong>Wednesdays, February 13th &amp; 27th</strong></td>
<td>10:00am</td>
<td>Craft Connection with Judy</td>
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<tr>
<td><strong>Thursday, February 14th</strong></td>
<td>12:30pm - 2pm</td>
<td>Valentine’s Day Celebration with punch &amp; goodies in the Lobby</td>
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<tr>
<td><strong>Tuesday, February 19th</strong></td>
<td>12:30pm</td>
<td>Speed Friending: One-on-One</td>
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<tr>
<td><strong>Wednesday, February 20th</strong></td>
<td>12:30pm</td>
<td>The End of Newspapers? CP Author &amp; Journalist Michael DeMasi Talks About the News Media Today</td>
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<tr>
<td><strong>Tuesday, February 26th</strong></td>
<td>10:00am show</td>
<td>VAN TRIP: “A Friend of a Friend: Tales of the Underground Railroad” Proctors GE Theater</td>
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<tr>
<td><strong>Tuesday, February 26th</strong></td>
<td>1:00pm</td>
<td>MVP Zumba Gold Begins</td>
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<tr>
<td><strong>Friday, March 15th</strong></td>
<td>10:00am show</td>
<td>VAN TRIP: “Winston Churchill: the Blitz” at Proctors GE Theater</td>
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<tr>
<td><strong>Monday, March 18th</strong></td>
<td>12:30pm - 2pm</td>
<td>St. Patrick’s Day Celebration</td>
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<tr>
<td><strong>Wednesday, March 20th</strong></td>
<td>1:00pm</td>
<td>Service Project: Spring Birthday Party Bash to benefit the Jonesville Food Pantry</td>
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<tr>
<td><strong>Saturday, March 23rd</strong></td>
<td>ALL Day</td>
<td>Spring Book Sale</td>
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<td><strong>Sunday, March 24th</strong></td>
<td>ALL Day</td>
<td>Spring Book Sale</td>
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<tr>
<td><strong>Thursday, April 18th</strong></td>
<td>10:00am</td>
<td>Golf League Meeting</td>
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<tr>
<td><strong>May 31st - June 3rd</strong></td>
<td>Multi Day</td>
<td>TRIP: Thousand Islands Adventure</td>
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<tr>
<td><strong>October 2019</strong></td>
<td>Multi Day</td>
<td>TRIP: Washington, DC</td>
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</tbody>
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**Thank you to those who have taken the time to renew their membership.**
If you have not done so yet, please plan to renew soon so you don’t miss a newsletter!

The cost of membership at the Center is only $15 annually. **All memberships expired December 31, 2018**, regardless of when you joined. Membership highlights:

- Monthly newsletter delivered to your home or email
- Discounts on trips/monthly dinners/select classes
- First opportunity for sign-ups
- Trips with sister senior centers at member pricing
- Free DVD rentals
- Access to classes available to members only
- Free computer classes/lessons
- And more...

Interested in joining? Please contact the Center at 518-383-1343, or stop by for more information.
The End of Newspapers? Clifton Park Author and Journalist Talks About the News Media Today

Michael DeMasi has worked as a newspaper reporter in the Capital Region for more than 25 years. He will discuss the history of newspapers in the US, how the industry has changed, share his personal experiences in journalism and the trends he’s observed. He will also read from his new book, ‘What They Said: 25 Years of Telling Stories.’

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.

News & Events

REMINDER: The Center will continue to follow the Shenendehowa Central School’s closure status. If the school district has a 2 hour delay or is closed for the day, the Center will observe the same status. We will also post notices for winter weather alerts on the Town’s website at www.cliftonpark.org

Come check out our DVD collection in our Library. Free Rentals.

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.
A very special **THANK YOU** to all our volunteers! It is through your dedication and hard work that the Center is as fantastic & successful as it is! You truly all make a difference!

Thank you to **Jersey Mike’s Subs, Olive Garden Italian Kitchen and Buffalo Wild Wings** for your generous donation of subs, salads & wings for our Volunteer Recognition Luncheon.

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**LET’S GET CREATIVE - Advanced Sign up Required for these programs:**

**Creative Jewelry Making Class with Judy**
Every other Friday from 12:30 pm - 2:00 pm:
**February 8th & 22nd**
No Experience Necessary!
Beads & tools available.
Come have fun and make earrings, bracelets, necklaces, watches, eyeglass holders, etc.
Re-do old jewelry. Repair your jewelry. Make jewelry to sell in our store!

**Simple Alterations with Bee**
Tuesdays from 10:00 am - 2:00 pm:
Appointment **REQUIRED** so please call the front desk for Bee’s Availability.
Bring an item or two for Bee, she’ll fix up your item for free!
No drop-offs. Must wait while item is being sewn.

**Craft Connection with Judy**
Wednesdays at 10:00 am:
**February 13th:** Valentine’s Day Craft
**February 27th:** Boo Boo Bunny
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.

**Adult Coloring, Coffee & Conversation**
1st & 3rd Mondays
10:30 am – 12noon
Join fellow members of the center for an afternoon of adult coloring and conversation! Coloring sheets and colored pencils will be provided, but participants may bring their own coloring supplies if they wish.
No prior experience is necessary.
Class lead by Mary Fondacaro.
**Service Projects**

**To Love a Child Foundation...to benefit young women in Haiti & Zimbabwe**

**Wedgesdays from 1:00 - 3:30 pm - February 13th & February 27th**

We still need your help! Some of us will cut material and others will machine sew the pads together. We are in need of: Dark colored cotton, flannel, fleece and terrycloth material, plastic snaps size 16 (Babyville), thread (any color) and please bring your own scissors. This is a big sewing project. We have a few sewing machines here. Please bring: if you have a sewing machine or serger (we will unload it from your car and put it back in your car when you are done.)

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**Spring Birthday Party Bash**

**Wednesday, March 20th at 1:00 pm**

We are collecting birthday party supplies to offer birthday bags for the children at the Jonesville Food Pantry. We would like any leftover stuff from your grandchildren’s parties. (ie. Barbie plates? Ninja napkins? Toy Story cups? Anything that is unused-partial packages are great. Plain colorful paper products are fine too).

We will then have a Birthday Party on Wednesday March 20th at 1pm. We will decorate bags and fill them with a Cake Mix, Frosting, Candles and supplies to have a small birthday party with their family or friends. You'll be invited to come play some games, have some cake and ice cream, and do a great project for local children that might not have a birthday celebration otherwise. This is a party for us and a party later on for the children. Please feel free to bring in anything that you can contribute for the Birthday Party Bags. The children will love it!

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**Be sure to go to eat at Friendly's February 7th & 8th.**
This fundraising event will help to ensure some nice items for our birthday bags!
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<tbody>
<tr>
<td>Tap (Int. II) 9-10 am</td>
<td>Exercise to Tapes* 8:45-9:45 am</td>
<td>Exercise to Tapes* 8:45-9:45 am</td>
<td>Exercise to Tapes* 8:45-9:45 am</td>
<td>Orchestra* 9-10:55 am</td>
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<tr>
<td>Jazz 10-10:45 am</td>
<td>Pool &amp; Billiards* 9-12 pm</td>
<td>Senior Investment Club 9:30-11:30 am (2nd Wed.)</td>
<td>Pool &amp; Billiards* 9-12 pm</td>
<td>Tap Advanced 9-10 am</td>
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<tr>
<td>Chair Yoga 10-11:00 am</td>
<td>Duplicate Bridge Lesson 10-11:00 am</td>
<td>TOPS 10-11:30 am</td>
<td>Yoga 10-11:00 am</td>
<td>Woodcarving* 9-12noon</td>
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<tr>
<td>Bocce* (May-Oct) 10-11:30 am</td>
<td>Tai Chi 10-11:00 am</td>
<td>Memories to Memoirs* 10-12 pm</td>
<td>Board Games* 10 am</td>
<td>Ballet 10-10:45 am</td>
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<tr>
<td>Basic Computer Class* 10-12 noon</td>
<td>Dice: LCR or Dice 3000* 10-12 pm (every week)</td>
<td>Social Bridge* 10-12 pm</td>
<td>Chorus* 10:00-11:30 am</td>
<td>Dominoes* 10-11:30 am</td>
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<tr>
<td>Adult Coloring* 10:30-12 pm (1st, 3rd Mon)</td>
<td>Duplicate Bridge 11:30-3:30 pm</td>
<td>Craft Class (2x/month) 10-12 pm</td>
<td>Watercolors &amp; Sketching 10-12:30 pm</td>
<td>Social Bridge 10-12noon</td>
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<tr>
<td>Discussion Group* 10:30-12 pm (2nd, 4th Mon)</td>
<td>Congregate Lunch 12 pm</td>
<td>Congregate Lunch 12 pm</td>
<td>Seton Health &quot;Seniorcize* 11-12 pm (Seasonal)</td>
<td>Big Band* 10:55-12:20 pm</td>
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<tr>
<td>Beginner Clogging 11-11:45 am</td>
<td>MVP Zumba/Bokwa* 1-2 pm (Seasonal)</td>
<td>Hand and Foot (Cards)* 1-3 pm (weekly)</td>
<td>Duplicate Bridge 12:00-4 pm</td>
<td>Diabetes Workshop* 11am-12 pm (1x a Month)</td>
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<tr>
<td>Congregate Lunch 12 pm</td>
<td>Seated Tai Chi 2:15-3:15 pm</td>
<td>Poker* 1-3 pm</td>
<td>Congregate Lunch 12 pm</td>
<td>Movie Day* 12:30 pm (1st Friday of Month)</td>
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<tr>
<td>Clogging 12:13 pm</td>
<td>Scrabble* 1-3 pm</td>
<td>Crocheting &amp; Knitting* 1-3 pm</td>
<td>Pinochle* 12:30-3 pm</td>
<td>BINGO 12:30 pm (see game page)</td>
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<tr>
<td>Soul Line Dancing 1-2 pm</td>
<td>Mexican Train* 1-4 pm</td>
<td>Osteo-Exercise* 2:30-3:30 pm</td>
<td>American Mahjong* 12:30-4 pm</td>
<td>Congregate Lunch 12 pm</td>
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<td>Quilting Group* 1-3 pm</td>
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<td></td>
<td>BUNCO (Dice) 1-3 pm (1st Thursday of month)</td>
<td>Creative Jewelry Making* 12:30-2:00 pm (every other)</td>
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<tr>
<td>Beginner Bridge* 1:30-3:30 pm</td>
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<td>Osteo-Exercise* 2:30-3:30 pm</td>
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<td></td>
<td>Latin Line Dancing 1-2 pm</td>
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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.
LET'S TALK - Advanced Sign up Required for these programs:

BASIC COMPUTER SKILLS
With Bob Stromberg
10:00 am – 12:00 pm
(Membership not required. No charge but advanced sign up required)

**February 4th:** Dealing with photos on iPhone and iPad and Mac (iCloud photos). Life cycle of an iCloud photo from taking a picture, to editing, to backing up, to deleting. File formats HEIF vs. JPEG. With a glance at videos.

**February 11th:** Buying a computer or tablet (with a bit of info on cell phones)

**February 18th:** No session. Center closed for President's Day

**February 25th:** Choosing a cloud file sharing service (Dropbox, Google Drive, Apple iCloud, Microsoft OneDrive)

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SPEED FRIENDING One-on-One
Tuesday, February 19th
12:30 - 2:00 pm

Speed Friending helps seniors make new friends in minutes! We know it can be hard to meet new people and we want to make it easy for you! This low-key gathering is run like speed dating, rotating table to table, one-on-one until you’ve met everyone. This is a fun way to form new friendships. Icebreaker questions will be included. Feel free to come solo or in a group. Members Only - Space is limited. Sign up today!!

Would you be interested in attending a monthly Macular Degeneration Support Group?
The Macular Degeneration Support group would provide support to each other in many ways. They discuss the problems that they face and then explore solutions. They socialize with each other. They learn about the most current and useful independent living aids available. A sighted volunteer, who is a senior and Center member, creatively and energetically leads the group.

Please sign up at the front desk if you are interested. If we have enough interest in the group, we would like to set up meetings on the 1st Friday of the month at 10:00am. You will be contacted once dates are confirmed.

Diabetes Support Group - Please join us for the Center's Diabetes Support Group, facilitated by Saratoga County Public Health Services. Our group will meet the first Friday of the month from 11 am to 12 pm. The next support group meeting will be held on: **Friday, February 1st** - Lori Prock from Saratoga County Public Health will be here to discuss “Planning for an Emergency with Diabetes.”

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.

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Ravenswood
“**You’re Always Home at The Wood**”

Tavern, Bar, Grill, Catering & Banquets
1021 Rt 146 Clifton Park NY 12065
Phone: 518-371-8771 Ravenswoodpub.com
Email: ravenswoodpub@outlook.com
Follow us on Facebook
**The Capital Dance Orchestra**  
Formerly known as The Greg Nazarian Band

7:00pm

**Saturday, February 9th (No Performance)**
Saturday, March 9th  
Saturday, April 13th  
Saturday, May 11th

Come dance and enjoy the music of this 17-piece  
Dance band playing the sounds of Artie Shaw, Glenn  
Miller, Benny Goodman, and more.

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

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**Live Entertainment, Dancing, and Karaoke with Brian Zapel!**

7:00 pm

**2019 Schedule:**
Sunday, March 31st  
Sunday, June 30th  
Sunday, September 29th  
Sunday, December 29th

One man band Brian Zapel delivers his wildly  
entertaining musical presence and engaging  
personality to the Center for a night of popular  
music from the 20's to current day favorites.  
Bring your own snacks.  
$5 per person at the door. Open to the Public.

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**Clifton Park Senior Community Center - Community Chorus**

Each Thursday from 10 am – 11:30 am our group of happy singers meet. We practice popular songs that are performed at senior centers and nursing homes. We welcome new and enthusiastic voices.  
*No experience necessary* - just a willingness to smile and enjoy the adventure of bringing joy to our audiences. No charge to join. Center membership required. *If you like to sing, please join us!*

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**SOUTHERN SARATOGA ART SOCIETY**

A Society for the Appreciation of the Visual Arts  

**February 2019 Art Show at the Clifton Park Senior Community Center**  
Artist: Maria Tsai

Artist Maria Tsai will be exhibiting her art work in the gallery of the Clifton Park Senior Community Center in February 2019. She is a local artist from Clifton Park. Her paintings are well received in various galleries in the Albany area and widely praised for her grasp of picture composition and her particular delivering of lighting to the subjects.

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

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**RED HAT MAMAS**

Wednesday, February 13th, 12:00 noon  
Grecian Gardens Pizza & Restaurant, 1612 Route 9, 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. *Red Hat Mamas meet at 12 noon on the 2nd Wednesday of each month.*

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**SINGLES LUNCH BUNCH**

Saturday, February 16th at 12:30 pm  
the Singles Lunch Bunch group will meet at Ravenswood at 1021 Route 146, Clifton Park.

Please RSVP by Wed., 2/13 to Sandy Nolin at 518-399-5812 or sandra4shen@aol.com. We will order off the menu and get separate checks.
Let's Move - Advanced Sign up Required for these programs:

**Soul Line Dancing**
February Session will be held on:
**MONDAYS from 1:00 pm – 2:00 pm:**
2/11 & 2/25
$6/month
Instructed by Mary & Frank Colby
Space is limited.

**Latin Line Dancing:**
February Session will be held on:
**FRIDAYS from 1:00 pm – 2:00 pm:**
2/8, 2/15, 2/22
$10/month
Instructed by Ray Nunez & Mark Nunez
Space is limited.

**Seated Tai Chi:**  Tuesdays from 2:15 - 3:15 pm on 2/12, 2/19, 2/26, 3/5 - $28.00 for 4-week session - Instructed by Rich Martin

**Beginner Clogging:**  Mondays from 11-11:45am on 3/4, 3/11, 3/18, 3/25, 4/1, 4/8 - $42.00 for 6-week session - Instructed by Fran Beaudoin

**Intermediate Clogging:**  Mondays from 12-12:45pm on 3/4, 3/11, 3/18, 3/25, 4/1, 4/8 - $42.00 for 6-week session - Instructed by Fran Beaudoin

**Chair Yoga:**  Mondays from 10-11:00am on 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15 - $49.00 for 7-week session - Instructed by Bonnie Furlong, RN

**Tai Chi:**  Tuesdays from 10-11:00am on 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/16 - $49.00 for 7-week session - Instructed by Bonnie Furlong, RN

**Tap Intermediate:**  Mondays from 9:00 10:00 am on 3/11, 3/18, 3/25, 4/1, 4/8, 4/15 - $30.00 for 6-week session - Instructed by Janet Murphy

**Jazz Dance:**  Mondays from 10:00-10:45 am on 3/11, 3/18, 3/25, 4/1, 4/8, 4/15 - $24.00 for 6-week session - Instructed by Janet Murphy

**Ballet:**  Fridays from 10:00-10:45 am on 3/8, 3/15, 3/22, 3/29, 4/5, 4/12
$24.00 for 6-week session - Instructed by Janet Murphy

**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.

**Golf League Meeting to be held on 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!

**MVP Zumba Gold®**
A fun, friendly workout anyone can do (including beginners) that combines fast and slow Latin rhythms to get your heart pumping. It also tones and sculptures the body while strengthening your core.

**Date:**  Tuesdays, February 26th through April 2nd
**Time:**  1:00pm - 1:45pm
Space is limited. Please stop by the front desk or call the Center at (518) 383-1343 to register for the first class. Registration for weekly classes will be accepted each week during class, for the following week.

*This MVP Living Well Program is free, compliments of MVP Health Care*
MONDAY
Bocce 10 - 11:30 am (weekly from May - Oct)
Beginner Bridge 1:30 - 3:30 pm (weekly)

TUESDAY
Pool & Billiards 9 - 12:00 pm (weekly)
Dice Games: Dice 3000 or LCR 10 - 12:00 pm (weekly)
*Mexican Train Learn to Play 1 - 4:00 pm - (weekly)
Scrabble 1 - 3:00 pm (weekly)

WEDNESDAY
Social Bridge 10 - 12:00 pm - (weekly)
Rummikub 10 - 12:00 pm (weekly)
Cards: Hand & Foot 1:00 - 3:00 pm (weekly)
Poker 1 - 3:00 pm (weekly)

THURSDAY
Pool & Billiards 9 - 12:00 pm (weekly)
NEW! Board Games (Bring your own or play one of ours) 10am
American Mahjong 12:30 - 4:00 pm (weekly)
Pinochle 12:30 - 3:00 pm (weekly)
BUNCO (Dice) 1 - 3:00 pm - 2/7 (First Thurs. of month)

FRIDAY
Dominoes 10 - 11:30 am (weekly)
Learn to Play Dice Games - Farkle & 6-5-4 10 am
Social Bridge 10 - 12noon (weekly)
BINGO 12:30 pm - 2/8, 2/15, 2/22
Scrabble 12:30 - 2:30 pm (weekly)

*Advanced Sign up Required for the above Games.

Friday, February 1, 2019
MOVIE: While You Were Sleeping
Starring Sandra Bullock, Bill Pullman.
PG. Romance/Comedy.
1hr 43min

Please join us for lunch with the Saratoga County Office for the Aging Congregate Meal Program! Lunch is served at noon. See the enclosed menu and sign up in advance with the kitchen (by 12noon the prior day) as reservations are required.
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.

CDPHP® is a health plan with a Medicare contract. Enrollment in CDPHP Medicare Choices depends on contract renewal.

Capital District Physicians’ Health Plan, Inc.
CDPHP Universal Benefits,® Inc.

A plan for life.

This is an advertisement. Y0019_16_0864 Accepted
The Witecki Law Office
8 South Church Street, Schenectady, NY 12305

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.

Many senior living residences stand alone. Kingsway stands out.

Kingsway Community

Unlike “stand alone” senior living residences that provide only one level of care, Kingsway Community offers a dedicated continuum of care—from beautiful independent living apartments to quality, skilled nursing care.

We provide comprehensive support for current and future needs all on one campus, so our residents can live active lives and look forward to the future with peace of mind.

Outstanding coordinated care, all on one campus: that’s the Kingsway difference.

MVP Health Care®
is here to help.

Sheila Rivera
MVP Health Care®
Medicare Products Advisor
srivera@mvphealthcare.com
518-388-2251

323 Kings Road, Schenectady, NY 12304 | 518.393.8800 | kingswaycommunity.com
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 to make a reservation, **no later than 12 noon**, the day before attending for lunch. Please contact the Center at (518) 383-1343, for more information.

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<td><strong>Menu Subject To Change.</strong> 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.</td>
<td>Fish Florentine over Brown Rice Sonoma Vegetables Warm Berry Crunch</td>
<td>Five Spice Chicken Cubed Sweet Potato Beets Dinner Roll Pears</td>
<td>Pasta w/Meatballs Mixed Vegetables Parmesan Cheese Plum Fruit</td>
<td>Turkey W/Gravy Stuffing Broccoli Apricot Whip</td>
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<tr>
<td>4 Fish Florentine over Brown Rice Sonoma Vegetables Warm Berry Crunch</td>
<td>5 Five Spice Chicken Cubed Sweet Potato Beets Dinner Roll Pears</td>
<td>6 Pasta w/Meatballs Mixed Vegetables Parmesan Cheese Plum Fruit</td>
<td>7 Turkey W/Gravy Stuffing Broccoli Apricot Whip</td>
<td>8 Egg Salad on Wheat Marinated Green Beans Coleslaw Mandarin Oranges</td>
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<tr>
<td>11 Baked Chicken w/Gravy Mashed Sweet Potato Vegetable Trio Fruit Cocktail</td>
<td>12 Roast Pork w/Gravy &amp; Mashed Potatoes Brussels Sprouts Warm Apple Crisp</td>
<td>13 Goulash Broccoli Warm Cornbread Pineapple</td>
<td>14 Valentine’s Day Special Chicken Parmesan Pasta w/Sauce Zucchini &amp; Yellow Squash Garlic Roll Cheesecake w/Cherry Topping</td>
<td>15 Chili Rice Wax Beans Peaches</td>
</tr>
<tr>
<td>18 CLOSED</td>
<td>19 Baked Fish w/Tarragon Sauce Rice Broccoli Yogurt</td>
<td>20 Meatloaf w/Gravy Mashed Sweet Potatoes Warm Cranberry Crunch</td>
<td>21 Chicken Divan Oven Browned Potatoes Spinach Pears</td>
<td>22 Roast Beef w/Gravy Mashed Potatoes Peas Fruit Jell O w/Whipped Topping</td>
</tr>
<tr>
<td>25 Breaded Fish on Bun Tartar Sauce Carrots Coleslaw Warm Berry Crisp</td>
<td>26 Chicken w/Orange Glaze Sauce Brown Rice Sonoma Blend Vegetables Plum Fruit</td>
<td>27 Hearty Beef Vegetable Soup Brussels Sprouts Warm Biscuit Peaches</td>
<td>28 Italian Stew Rice Wax Beans Chocolate Pudding W/Whipped Topping</td>
<td></td>
</tr>
</tbody>
</table>
News & Events

SAVE THE DATES!
The 2-DAY Spring Book Sale will be on:

Saturday, March 23rd & Sunday, March 24th

For additional information or if you would like to Volunteer, please contact the Center at (518) 383-1343.

Have you visited our Reading Nook located in the Library? There are sections for mystery, romance, and hard covers which include romance, fiction & nonfiction. Currently featuring books published in 2017, 2018, and 2019.

The large print books include all years published.

AARP Tax Assistance
TaxAide, the free income tax assistance program sponsored by AARP Foundation and the IRS, is offering free income tax services again this year! We are currently accepting appointment requests for appointments beginning on February 4th. Appointments must be made in person at the front desk. We will provide you with a packet of important information that will ensure the process is as smooth as possible!

VAN TRIPS: Drive yourself or if needed take our 12 passenger Senior Van

I Have a Dream’ At Proctors Mainstage
Tuesday, February 12 ~ 12:15pm show

Drive yourself or if needed take our 12 passenger Senior Bus which departs 10:00 am – Return 2:15 pm
We will have lunch on State St in Schenectady. Bring a lunch or enjoy nearby choices: Apostrophe at Proctors, Subway next door or Nico’s Pizzeria (across the street).

A Friend of a Friend: Tales of the Underground Railroad At Proctors GE Theater
Tuesday, February 26 ~ 10:00 am show

Drive yourself or if needed take our 12 passenger Senior Bus which departs 8:45 am – Return 11:30 am

Winston Churchill: The Blitz At Proctors GE Theater
Friday, March 15 ~ 10:00 am show

Drive yourself or if needed take our 12 passenger Senior Bus which departs 8:45 am – Return 11:30 am

Each Show costs: $10/member $12/non-member
BUS TRIPS

THOUSAND ISLANDS ADVENTURE

4 DAYS - 3 NIGHTS
MAY 31 - JUNE 3, 2019

$569.00 Per Person
Double Occupancy
$699.00 Per Person
Single Occupancy
$30 additional per person for non-members

PACKAGE INCLUDES:
- 3 Nights Lodging at the Colonial Resort & Spa
- 3 Breakfasts
- 3 Dinners
- Welcome Punch Orientation
- 2 1/2 Hour Cruise of the 1000 Islands
- Kingston City Tour
- 1000 Islands Tower
- Upper Canada Village
- Shorelines Casino 1000 Islands
- Use of Resort’s Facilities: Indoor Heated Pool, Steam Room, sauna, Whirlpool Spa, & More
- 2 nights of Live Entertainment
- Local Tour Escort
- Souvenir Gift
- Luggage Handling
- Taxes & Meal Gratuities
- Motor Coach Transportation

Valid passport required when traveling into Canada
Cancellation insurance available; see reverse side for details

FOR INFORMATION AND RESERVATIONS CONTACT:
CLIFTON PARK SENIOR COMMUNITY CTR.

Watch for our next multi day trip now departing in October 2019: Washington, DC - Our Nation’s Capital

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

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

SUE
RAINAN
DONOVAN
SHIRLEY
ROSE
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