

## **What's new at the Clifton Park Senior Community Center this week...**

### **Get Up and Move** By the YMCA

Monday, November 13 12:30-1:15 pm

### **Soul Line Dancing** with Mary & Frank

Monday, November 13 1:30-2:30 pm

### **Gentle Yoga, Healing Journey Inward**

Tuesday, November 14, 11:15-12:30 pm

Yoga Centering thru five senses-Healing physical, emotional, mental, psyche minds to do holistic and spiritual healing within self. The theme is 'you are the creator of your own destiny'.

### **Shabby Sheik Crafts** with Carmen D

Wednesday, November 15 10:00-11:00 am

### **Social Bridge**

Wednesdays 10:00 – 12:00 pm

Interested in becoming a better Bridge Player without the pressure. We want you to know the fundamentals of the game. We talk during our games, both about the bidding and playing the hands. No need to sign up – just show up.

### **Aging in Place** By Daughter for Hire

Wednesday, November 15 12:00-12:45 pm

This presentation will cover:

- The Home Environment
- In Home Care
- Transportation
- Your Health
- Staying Active and Engaged

## **Shenendehowa Neighbors Connecting A 'Village' is forming and we would like you to become involved**

Wednesday, November 15 1:00 – 2:00 pm

Wish to Stay in Your Home for Years to Come?

Do you plan on living independently on your own terms and in your own space for as long as you can? Does the prospect of engaging with others in rewarding and enriching ways interest you? Would you like to continue to enjoy a full and active life in your community as you grow older? If you answer 'yes' to any of these questions, then you owe it to yourself to learn about the Village Movement that is sweeping the country.

What is a Village? A Village is a network of members who are connecting to one another and to support services to make independent living both feasible and enjoyable. A Village can enrich your everyday life with new interests, new friends, and new purpose as you remain independent in your own community. Each Village is unique. Its members decide exactly what cultural, educational and support service to offer. We invite you to a program to learn about **Shenendehowa Neighbors Connecting**, a new Village now developing in southern Saratoga County.

## **Fall Feast Dinner for our Seniors with Deets Catering**

Wednesday, November 15 5:00 pm

Sign up today for a Community Ham dinner with all the fixings. Space is limited. \$10 members/\$12 nonmembers

## **Learn to Play...Asian Mah Jongg**

Thursday, November 16 12:30 pm

## **Scrapbooking Workshop**

Friday, November 17 10:00 – 12:00 pm

## **Beading Buddies**

Friday, November 17 12:30-2:00 pm

## **CDPHP's 2018 Medicare Advantage Presentation**

Friday, November 17 2:00 pm – 4:00 pm

## **Join us for a Senior day trip to Williamstown The Williams College & Williams Inn for a Boar's Head Holiday Celebration**

Tuesday, December 5, 9:15 am – 4:30 pm

Space is limited.