



# Clifton Park Senior Community Center

June 2020—Ongoing Updates

## Weekly Group Activities With Our Instructors...

**To set up Zoom, [Click Here!](#)**

### **MONDAYS**

**10am:** Sing Along/Learn to Play Ukulele with Ron: [Join Zoom Meeting](#) For Song Sheets & Information: [Here!](#)

**1pm:** Soul Line Dancing with Linda: [Join Zoom Meeting](#)

### **TUESDAYS**

**10am:** Basic Computer Skills with Bob (no problem too small!): [Join Zoom Meeting](#) For info on private sessions: [Here!](#)

**1:20pm:** Tai Chi for Arthritis with Rich Martin: [Join Zoom Meeting](#)

### **WEDNESDAYS**

**11am:** Member Chat– Visit with Friends: [Join Zoom Meeting](#)

**1pm:** Crocheting & Knitting Chat Group: [Join Zoom Meeting](#)

### **THURSDAYS**

**10am:** Yoga with Deanna Seabridge: [Join Zoom Meeting](#)

### **FRIDAYS**

**7pm:** Weekly Dance Party with Mary & Frank Colby: [Click Here!](#)

### **ANYTIME (If You Missed It)**

**Beginner Clogging**—The Basics - with Fran Beaudoin (pre-recorded) — come try something new: [Click Here!](#)

**Yoga with Deanna Seabridge** - Did you miss a class? Join a prerecorded session: [Click Here!](#) Or [Here!](#)

**Gut Health w/Valerie, Health Coach-Your Health, Your Home:** [Click Here!](#)

**Senior Fraud with Trooper Rothwein & Maria of Home Instead:** [Click Here!](#)

**A Clifton Park Discussion About Your Health and Immune System:** [Click Here!](#)

## Letter from the Center...

*Although we are unable to allow members access to the building, we continue to have staff here to assist Monday thru Friday 9am-4pm. We are answering calls for Seniors who are in need during this difficult time. In addition to being open for phone calls, we are running at-home classes with our wonderful instructors on Zoom! Learn how to Zoom with Bob.*

*Private Computer Lessons are available with our Volunteer Computer Guy—Bob Stromberg. Members can request one-on-one computer assistance by emailing you request to [cpsccvolunteer@gmail.com](mailto:cpsccvolunteer@gmail.com). Include a brief description of the help needed and Bob will reach out to you to set up a convenient day and time. Or call the senior center at 518-383-1343 and we will forward your request.*

*Be sure to check the June Update online each week for changes and updates!*

*We're all in this together, let's make the best of it.*

## Stay Connected...

We are updating our Facebook page with new activities. "Like" our page on Facebook by clicking the link here: <https://www.facebook.com/CliftonParkSeniorCenter/>

We are also updating our Town of Clifton Park Website with all new activities and updates click here: <https://cliftonpark.org/services/senior-services/senior-center.html>

**Please Share this information with your community friends and family.**

*The Saratoga County Office for the Aging is funded under Title III of the Older Americans Act, as amended, the New York State Office for the Aging and the County of Saratoga.*



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June 2020—Ongoing Updates

## Community Activities...

**YMCA FREE Classes for Older Adults:** (Y membership NOT required): [Click Here!](#)  
More Classes: [Click Here!](#)

**2020 Census** [Click Here!](#) Need Help? Call us 383-1343

**AARP Defensive Driving Class Online:** [Click Here!](#)

**Majestic Theater Plays:** [Click Here!](#)

**Tuesday, June 30<sup>th</sup>, 5:30-6:30pm Free Community Dinner for those in need:** Shen Methodist Church—Choice of a Cheeseburger, Hamburger or Hotdog dinner served with potato salad, fresh fruit and dessert. Drive-thru only. Please leave a message at 371-7964 x711 to reserve your meal choice.

**SPAC Creative Connection:** Online Resources for Art and Music: [Click Here!](#)

**The Calistri-Yeh Corona Concert Series:** 3 Cello Concert by the son of our Members!: [Click Here!](#)

**Judi Clements Jokes and Songs:** [Click Here!](#)

**Free Community Resources to combat Covid-19.** This new app is available to everyone, not just CDPHP members: [Click Here!](#)

**Medicare 101 Pre-recorded presentation brought to you by CDPHP:** [Click Here!](#)

**Celebration of Flag Day by White Star Tours:** [Click Here!](#)

**Live Stream Concerts 2020 Freedom Park Quarantine Series:** [Click Here!](#)

Sat June 20—Madison VanDenburg

Wed June 24—Screaming Orphans

Sat June 27—Alan Payette & Friends

## Center Activities...

**1000 piece Puzzle Challenge:** Pick up a puzzle OR do one of your own. Take a picture and we'll post it on Facebook. Call the center for pick up times.

**Eating In:** Share a simple delicious recipe. We'll post it on our Facebook Page for all to enjoy!

**From Farms to Suburbs:** Clifton Park History w/ Town Historian John Scherer: [Click Here!](#)

**Stop Senior Scams with Brookdale Senior Living:** June 18th, 1pm:  
For more information: Call 518-346-6935

If there's an activity you'd like to see given, let us know! Any suggestions?

*If you, or someone you know, needs assistance,  
please contact the Senior Center at 518-383-1343 or Town Hall at 518-371-0083.*



For a nice slideshow full of memories... [Click Here!](#)

## Springtime Memories...



2019 May Dinner brought to us by Classic Crust Catering!  
Dancing and fun was had by all!



2019 Mother's Day Tea and Bingo.



2019 Spring Book Sale!



Flower wreath making during our Senior Center Craft Class.



2020 March Birthday Party Service Project.



2019 Thousand Islands Trip

# Marshall Associates ☆ Financial Professionals



## Facts & Tidbits

Compiled by  
George & Jackie Marshall

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**Hello from George & Jackie Marshall! Fellow members of the Clifton Park Senior Center. We hope everyone is healthy, safe and that our Senior Center re-opens soon! Here are some interesting 'Facts & Tidbits' we think you'll enjoy:**

1. **ORIGIN OF QUARANTINE:** The Black Death killed 20 million Europeans in the 14th century. Venice, a major trade port, grew nervous. If a ship was suspected of harboring the plague, it had to wait 40 days before any passengers or goods could come ashore. Venice built a quarantine center on an island off its coast, where sailors from plague-infested ships were sent either to get better or, more likely, to die. This 40-day waiting period became known as 'quarantinaro', from the Italian word for 'fourty'. – *NPR January 26, 2020*
2. **SPANISH FLU:** The "Spanish" flu, as the 1918 pandemic is still widely known, did not originate in Spain. Rather, because the country was neutral in World War I, its uncensored press was the first to report on the disease. As a result, many around the world blamed Spain for the epidemic, and the nickname persists to this day. – *The Wall Street Journal, March 6, 2020*
3. **NO PANTS, BRAS, JACKETS REQUIRED:** Clothing prices are down leading to a +34% increase in online sales last month. Not everything is selling though... as shoppers, stuck at home, look for comfort. Pajama sales are up +143% while sales of pants, bras and jackets are all down. Also, with the growth of video conferencing, retailers are noting a rise in sales of clothing worn above the waist. – *Adobe Analytics*
4. **PUZZLE SALES:** Since the beginning of April, the 136-year-old puzzle maker, Ravensburger, has been selling puzzles at a rate of nearly 20 per minute - a +286% increase over the previous month. – *Morning Brew, April 14, 2020*
5. **LIBRARY SKILLS FAIL:** A contractor, when done performing a deep-clean of a library in Newmarket, U.K., put the books back on the shelves incorrectly. Library employees returned the following day to discover the shelves were lined with books arranged from largest to smallest — and their alphabetical organizing system upended. – *The New York Post, April 25, 2020*
6. **WINDOWSILL GARDEN:** Did you know that you can grow your own scallions quickly and simply? Get 2-3 scallions. Use the green bits. Then put the white base into a mug of cold tap water with a little bit above the waterline. Change the water every day and make sure that there's natural sunlight. You will have full scallion stalks within 5-6 days. Also, you can do the same thing with a celery vase. Just cut the green bits off the top of the celery stalks, and then, like the scallions, leave the base in a mug, vase or jar. Sunlight and water changes every couple of days is key. You will have fresh 4-5 inches of scallions and celery every 4-5 days. Rinse and repeat as often as you'd like.
7. **JOHN F. KENNEDY:** "When written in Chinese, the word 'crisis' is composed of two characters. One represents danger and the other represents opportunity."



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Our team at Brookdale Niskayuna hopes that you and your loved ones are staying safe & healthy during this difficult time. We hope you can join us on Thursday, June 18<sup>th</sup> at 1pm on some important tips to “Stop Senior Scams”.

-Take care! Jennifer LaPorte, Brookdale Niskayuna.



## Steer clear of senior scammers and swindlers

With 2020 economic impact checks being sent out, scammers are looking for ways to get their hands on that money. One way is to prey on people’s fear of Coronavirus (COVID-19). But when you’re armed with information on how to spot these con-artists, you’re less vulnerable to their tricks. Come learn tips to avoid these scams and others aimed to target older adults.

Join our virtual *Stop Senior Scammers* event, and learn about how you can avoid being swindled.



**Brookdale Niskayuna**  
Assisted Living | Enhanced Assisted Living  
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1786 Union Street  
Niskayuna, NY 12309

► **Thursday, June 18**  
1:00 p.m. To 2:00 p.m.

For more information, call  
**(518) 346-6935**

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Bringing New Life to Senior Living®



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## **The Witecki Law Office**

8 South Church Street, Schenectady, NY

518-372-2827

[www.witeckilaw.com](http://www.witeckilaw.com)

### Greetings from the desk of Glenn Witecki

*We hope you are all doing well during this difficult time of adjustment and sacrifice and we look forward to the day when we can all meet again. While we cannot be together in public, the Center is offering this great opportunity for us to share some resources and inspiration with you. Here are links to a few videos I recently prepared. I hope they and my poems that follow will provide you with good information as well as reflection.*

*To open a link, hold the control button and then click on the link:*

**What is a Will?:** <https://youtu.be/f1ny45fE2QU>

**Protecting your money:** [https://youtu.be/2QATfCH\\_PjQ](https://youtu.be/2QATfCH_PjQ)

**Poem and Introduction:** <https://youtu.be/HsUsG9UrnM>

*Although the Senior Center is not yet open for meetings, I am still able to provide you with services through video or in-office visits. I and my staff wear PPE and can provide the same to you if needed. As always, initial consultations are free.*

*Be well and keep safe until we see you again.*

*Glenn J. Witecki, Esq.*

### **Tale of the Tumbleweed**

If you let yourself be buffeted

by the wind's vagaries;

Don't complain

when the wind batters you:

Better to become the wind

GJW

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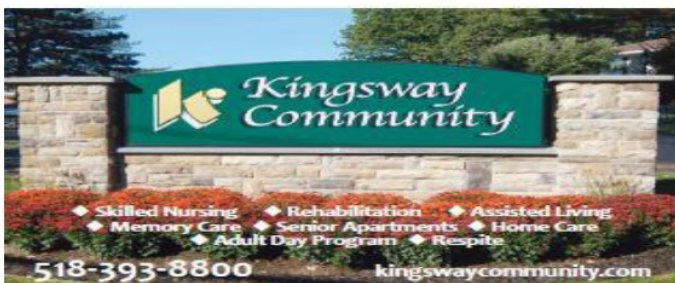
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Glenn provides free consultations every 3<sup>rd</sup> Thursday of the month at the Clifton Park Senior Center, or in his office any time. Evening hours available. Home visits can be arranged.

**The Witecki Law Office**  
8 South Church Street, Schenectady, NY 12305  
518-372-2827, [www.WiteckiLaw.com](http://www.WiteckiLaw.com)

