



Clifton Park Senior Community Center

July 2020—Ongoing Updates

Message to our Seniors as we welcome you back...

We miss you; we want you back, but we want you to remain healthy and safe. If you are not ready to come back yet, that is okay. But if you are ready, we need your help and cooperation.

Things are going to be different. Please be patient, understanding and mindful of others.

NY State Phase 4 – July 1 2020 (NYS Group Limit 25)

Monday, July 13– Initially we plan to open Outdoor Activities only - weather permitting.

*Please call to reserve your spot since space may be limited. Be sure to wear your mask or shield if you cannot maintain a safe 6' distance between one another. We have picnic tables, but for your comfort you may bring your own chair. All groups will meet just outside the main entrance in the shade on or near the patio. Please park in the main parking lot. Bocce players should park in the rear parking lot and meet at the Bocce Courts. Monday is usually busy. For social distancing, please consider reserving a different day.

***Bocce Ball** – Monday, Wednesday, and Friday 10am

Knitting & Crocheting – Wednesday 1:00pm Outdoors Only

Golf – Thursday 8am-9:15am Tee Time at Barney Road

Woodworking – Friday 9:00am Outdoors Only

***Bingo** – Friday 12:30pm Outdoors Only

One person must maintain a complete record of all attendees to be turned in to the office each day. By law, WE MUST HAVE AN ACCURATE ACCOUNT OF EVERYONE HERE at the Senior Center. Please help us to help keep you safe. In mid-August, we plan to open indoors with instructor lead activities where we can maintain a safe 6-foot distance:

Soul Line Dancing, Tai Chi, Strong Bones & Balance, Yoga, Watercolor, Latin Line Dancing and Exercise to Tape.

A complete list of classes will be in the newsletters as they become available. If you haven't yet done so, renew your membership now. It is still just \$15 for this year. Applications are available [online](#).

What we will do when we open the building...

We are installing plexiglass barriers at the reception station. Temperatures will be taken before entering the building. This includes all staff and volunteers. Anyone with a temperature over 100.0 will not be able to enter the building. Everyone will be wearing masks or shields when moving around the building. We will be cleaning and sanitizing each room between each class. We will clean the common area between classes: lobby, restrooms, door handles, etc. We will provide hand sanitizer which certainly does not replace hand washing. Class size may be limited, so be sure to sign up in advance. Class times may vary slightly due to sanitizing between classes. Classes may be moved to larger rooms, as needed, to accommodate a safe distance. If the weather is good, some classes may choose to proceed outdoors.

What we need from you...

If you are sick, please stay home. People in higher risk groups should consult their health care provider prior to attending. Before coming to the senior center or any public place, please ask yourself...

Am I at risk for severe illness? Do I live with someone who is at risk?

Everyone will be asked the following questions. If you can answer yes, for everyone's safety, please stay home.

-In the last 14 days have you tested positive for COVID-19 or been with anyone who has tested positive COVID-19?

-In the last 14 days have you traveled outside of New York State?

-Are you currently experiencing ANY of the following **Symptoms**:

-Cough (new or worsening)

-Shortness of Breath or Troubled Breathing (new or worsening)

-Fever, Chills or Muscle Pain (new or worsening)

-Headache or Sore Throat (new or worsening)

-New Loss of Taste or Smell

Please arrive no more than 15 minutes before your indoor class. If you're early, please wait in your car. Please park in the main parking lot. Everyone will **enter only through the front door**. All other doors will be locked from the outside and used for exiting only. Everyone will exit based on where your program is located.

Everyone entering the building for any reason must wear their own mask or shield, stand in line, enter the front door only and have your temperature taken.



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Weekly Group Activities...

MONDAYS

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

10am: Bocce (*Outside Senior Center*) ***Begins July 13***

10:30am: Discussion Group (*Outside Senior Center*) ***Begins July 13***

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

TUESDAYS

10am: Basic Computer Skills with Bob [Join Zoom Meeting](#)
For info on private sessions: [Here!](#)

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

WEDNESDAYS

10am: Bocce (*Outside Senior Center*) ***Begins July 15***

1pm: Knitting and Crocheting (*Outside Senior Center*) ***Begins July 15***

Wednesday July 22: 1:00pm-2:30pm: Wine & Watercolors
Virtual Event sponsored by Brookdale. See page 4 for details. **(Must Pre-register)**

THURSDAYS

8am: Golf (*Barney Road Golf Course*)

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

FRIDAYS

9am: Woodworking (*Outside Senior Center*) ***Begins July 17***

10am: Bocce (*Outside Senior Center*) ***Begins July 17***

12:30pm: Bingo (*Outside Senior Center*) ***Begins July 17***

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

Message from the Center...

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

Need help getting on Zoom – Bob, our **Basic Computer Skills** volunteer will be happy to assist. Please let us know what topics you'd like to learn about during our computer classes. No problem too small!

Ukulele Sing Along/Play Along – Mondays at 10am - This is a chance for folks who enjoy singing and playing music to stay together. Before the virus hit we met at the senior center to sing and play. We continue to play music together, in a virtual way. We meet on Zoom every week through the newsletter link. If you play the ukulele, guitar or just enjoy live music join us and sing along. Our music ranges from traditional American songs, to Tin Pan Alley, to songs that were popular during the 50's, 60's, 70's and 80's.

If you would like to **Learn to Play the Ukulele** please contact the Center and Ron will get you started.

ANYTIME

Senior Safety: Basic First Aid - With Gina Wierzbowski, CPHM Emergency Corps: [Click Here!](#)

Beginner Clogging - The Basics II - 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!](#)

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>



Clifton Park Senior Community Center

July 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 ONLY: [Click Here!](#)

Use Discount Code **DRIVINGSKILLS** for 25% off!

(There will be no in-person classes for all of 2020)

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

Tuesday, July 28th 5:30-6:30pm: Free Community Dinner for those in need: Shen Methodist Church- BBQ Pulled Chicken Sandwich, Beans, Cole Slaw, Fruit and dessert - Drive-Thru Only. Please leave a message at 518-371-7967 x 711 to reserve a meal.

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

Star Spangled Banner as You've Never Heard It: [Click Here!](#)

Farmer's Market Coupons - Saratoga County Office for the Aging:

Wednesday, July 22 or August 19 1pm-4pm: Pick up Coupons at the Saratoga County Fairgrounds
162 Prospect Street, Ballston Spa: [Click Here for more information!](#)

OR

Monday, July 27, 2-5:30pm: Pick up Coupons at the Clifton Park Farmers' Market

Live Stream Concerts 2020 Freedom Park Quarantine Series: 7pm: [Click Here!](#)

Wed July 8 – Audiostars

Sat July 11 - Rusticator

Wed July 15 - Erin Harkes

Sat July 18 - Alex Torres & His Latin Orchestra

Wed July 22 - Get Up Jack

Sat July 25 - The Legendary Characters

Wed July 29 - Skeeter Creek

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.

Adult Coloring Pages Challenge: Pick up at the Center 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!

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.***



VIRTUAL
EVENT

Join our Wine and Watercolor virtual event.

Pour a glass of pinot, get cozy in your favorite chair, and join us on Zoom as we **celebrate the joy of creativity with our Wine and Watercolor virtual event**. This casual class is a great chance to experience some of the everyday activities you can expect at our community, and it's sure to be a fun, social experience whether you're a painting novice or a watercolor wizard. The event is by reservation only, so RSVP to get Zoom access.

Brookdale Niskayuna

Assisted Living
Enhanced Assisted Living
1786 Union Street
Niskayuna, NY 12309

► Wednesday, July 22

1:00 p.m. To 2:30 p.m.

You will need: a WC set/paper, brushes, masking tape. Or, buy a kit for a low price. For reservations or more information, call **Jennifer LaPorte: (518) 346-6935**

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 **BROOKDALE**
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brookdale.com



American Red Cross Summer Blood Drive on August 12 from 12:30am – 6pm in the Wood Room at Clifton Park Town Hall

You can register with the Town Clerk's office 518-371-6681 or www.redcrossblood.org



American Red Cross



DONATE!

Appointments are spaced out to allow for social distancing. Due to Covid-19, all donors must wear face masks and will have their temperature taken upon arrival. Staff will wear gloves and donors must use hand sanitizer. All blood drive stations and beds will be set up 6 feet apart. Donations are needed now to replenish the blood supply. **THANK YOU FOR TAKING THE TIME TO DONATE!**

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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.

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www.peregrineseniorliving.com/clifton-park/





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Brookdale Niskayuna
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1786 Union Street
Niskayuna, NY 12309
(518) 346-6935

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D & K

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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
518-372-2827, www.WiteckiLaw.com



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.



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

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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 Teresa Brobston	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
Deputy Supervisor Lynda Walowit: lwalowit@cliftonpark.org
Councilman Jim Romano: jromano@cliftonpark.org
Councilman James Whalen: jwhalen@cliftonpark.org
Councilman Amy Standaert: 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 518-371-4444
 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.