



Clifton Park Senior Community Center

August 2020—Ongoing Updates

Moving forward together...with safety in mind



In March the Town of Clifton Park, with the assistance of the Clifton Park Senior Community Center employees, coordinated home delivered dinners thanks to the generosity of Ravenswood Restaurant. We added people to the Meal Delivery program through the Office for the Aging. Thanks to our many wonderful community volunteers, our seniors could be safe at home while volunteers shopped for groceries and medicine. Our team at the Town hosted food drives, distributed masks & hand sanitizer and were available to assist our senior population.

In April we started and continue to offer Zoom classes online. THANK YOU to our wonderful instructors! There is still time to learn how to ZOOM! We offer links to the YMCA, the Library, Entertainment, EEE's and other community activities – free of charge. We also continue to offer books, coloring pages and puzzles. It has been a very busy time for all of us.

In July we opened some Outdoor Activities (weather permitting). We ask that you bring a water bottle and your own chair. Space is limited, call ahead. Please help us to help keep you safe. We must always wear a mask or shield.

In August at the senior center we begin: Tai Chi, Yoga, Watercolor, Latin Line Dancing, Billiards & a NEW Walking Club.

What we are doing for safety... Class size will be limited. You must sign up in advance. Daily temperature checks - over 100.0 cannot participate. Cleaning and Sanitizing before & after each class. Hand sanitizer is available. Class times may vary slightly due to sanitizing between classes. Classes may be moved to larger rooms, as needed, to accommodate a safe distance.

What we need from you... If you are sick, please stay home. Higher risk groups should consult their health care provider prior to attending. Before coming to the senior center or any public place, ask yourself...Am I at risk for severe illness? Do I live with someone who is at risk?

If you can answer yes to these questions, 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?
- In the last 14 days have you traveled outside of New York State? If so, was it a NYS designated "hot spot?"
- Are you currently experiencing new or worsening **Symptoms: Cough; Shortness of Breath or Troubled Breathing; Fever, Chills or Muscle Pain; Headache or Sore Throat; New Loss of Taste or Smell**

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. Please arrive no more than 15 minutes before a class. If you are early, please wait outside or 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. Please Do Not congregate in the lobby or restrooms.



PLEASE BRING your own water bottle and a chair for outdoor activities.

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!



Clifton Park Senior Community Center

August 2020—Ongoing Updates

	FREE ONLINE via ZOOM	OUTSIDE SENIOR CENTER
MONDAY	<p>10am: Beginner Sing Along/ Play Along Ukulele w/Ron - Easy Song Session (weekly): Join Zoom Meeting For Song Sheets & Information: Here!</p> <p>1pm: Soul Line Dancing w/Linda (weekly): Join Zoom Meeting</p>	<p>10am: Bocce Ball (weekly)</p> <p>10:30am: Discussion Group (weekly)</p>
TUESDAY	<p>10am: Join Zoom Meeting.</p> <p>8/4: Basic Computer Skills w/ Bob</p> <p>8/11: Discussion: Purchasing a computer</p> <p>8/18: Intro to word processing (Word & Gmail)</p> <p>8/25: Getting started with Windows For info on free private sessions: Here!</p> <p>1:20pm: Tai Chi for Arthritis w/Rich Martin: Join Zoom Meeting (August 4th class only)</p>	<p>9:00am-12noon: Pool & Billiards (weekly) starting on 8/18</p> <p>2:00pm: Tai Chi for Arthritis w/Rich Martin (8/11, 8/18, 8/25, 9/1) for \$28</p>
WEDNESDAY	<p>10am Session: Sing Along/ Play Along Ukulele w/Ron-All Levels Jam (weekly): Join Zoom Meeting For Song Sheets & Information: Here!</p>	<p>NEW 8:45am: Walking Club (weekly) starting on 8/19. Depart at 9:00am. Wear your sneakers & bring water!</p> <p>10am: Bocce Ball (weekly)</p> <p>1pm: Knitting and Crocheting (weekly)</p>
THURSDAY	<p>10am: Yoga w/Deanna: Join Zoom Meeting</p>	<p>8am: Golf (weekly at Barney Road Golf Course)</p> <p>9:00am-12noon: Pool & Billiards (weekly) starting on 8/20</p> <p>10am: Yoga w/Deanna (weekly beginning 8/13) \$6/\$8</p> <p>10:30am: Watercolors w/Mary Fekete (8/13, 8/27, 9/10) \$15</p>
FRIDAY	<p>7pm: Dance Party w/Mary & Frank Colby (weekly): Click Here!</p>	<p>9am: Woodcarving (weekly)</p> <p>12:30pm: Bingo (weekly)</p> <p>1:15pm: Latin Line Dancing (8/14, 8/21, 8/28) for \$9</p>

ONLINE ANYTIME:

Senior Safety: Basic First Aid w/Gina Wierzbowski, CPHM Emergency Corps: [Click Here!](#)
 Beginner Clogging: The Basics II w/Fran Beaudoin (pre-recorded). [Click Here!](#)
 Yoga w/Deanna - Did you miss a class? Watch a prerecorded session: [Click Here!](#) Or [Here!](#)



**ALL ACTIVITIES HELD AT THE SENIOR CENTER REQUIRE ADVANCED REGISTRATION.
 WE WILL BE UNABLE TO ACCOMMODATE ANY WALK-INS.
 PLEASE CALL THE SENIOR CENTER AT 518-383-1343 TO SIGN UP AND PAY FOR YOUR CLASSES.**

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.



Clifton Park Senior Community Center

August 2020—Ongoing Updates

Offsite Community Activities...

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

More Classes: [Click Here!](#)

MVP - Virtual Living Well Programs (more info on page 8):

August 13, 20 & 27 Thursdays 1pm - Zumba Gold/ MVP Latin Moves Participants must register [HERE](#) and click on the class and date, and click *Register now!* Upon registration you will receive a free zoom entry link.

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.

Tuesday, August 25th 5:30-6:30pm: Free Community Dinner for those in need: Shen Methodist Church- Meatball Sub, Pasta Salad, Corn-on-the-cob, Watermelon, and Dessert. Drive-Thru Only.

Please leave a message at 518-371-7964 x711 to reserve a meal.

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

Wednesday, August 5, 3pm-5pm at the Saratoga Farmers Market

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

Annual Senior Picnic - Saratoga County Office for the Aging:

September 10 11am-3pm: This will be a car-hop style All American Event.

Call 518-884-4100 for more information or [click here!](#)



August 2: Moriah Formica: Standout powerhouse singer/songwriter/musician from Season 13 of The Voice. With a rocker soul much older than her years, Moriah's rich voice will bring out the love of Rockin everyone!

***August 9: Georgie Wonders Band:** 18-piece big band orchestra playing the Big Band Sounds of the 30's & 40's, music from the 50's, 60's, 70's and more, Sinatra to Santana.

***August 16: Jukebox Rebellion:** Prepare to be blown away by the Capital Region's hottest new dance party band, bringing a whole new level of entertainment and production.

The Performing Arts at the Common are brought to you by the Town of Clifton Park. All performances at Clifton Common Stage (next to basketball courts and Clifton Park Senior Community Center). Performances begin at 7:00 p.m. rain or shine.

Lawn chairs are welcome. Alcoholic beverages are not permitted on the premises.

**Please call Parks & Recreation at 518-371-6667, email parksrec@cliftonpark.org or visit www.cliftonpark.org to confirm both the 8/9 & 8/16 performances.*

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.

If there's an activity you'd like to see offered, 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.***



Did you know...

- ◆ **Support the Clifton Park Community Action Fund!** DONATIONS OF YOUR BOTTLES & CANS that can be redeemed for a deposit, are accepted at the recycling center shed at the Clifton Park Transfer Station (no permit needed). *The Clifton Park Community Action Fund offers an opportunity for community non-profit organizations to apply for funding to support programs and projects that result in a tangible benefit to Clifton Park and its residents. Financial support for the Community Action Fund will be generated by the acceptance of bottles and cans that can be redeemed for a deposit when recycled.*
- ◆ **Free Legal Assistance** offered through the Saratoga County Office for the Aging, continues to be offered remotely. 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.



THANK YOU!!

...to the Shenendehowa United Methodist Church Quilters 'Patchwork of Love' for the many homemade mask donations. Our seniors love them!

...to member Monsy for the many homemade mask donations.

...to Bob, our volunteer computer guy who helped so many with their computer issues but also helped to make Zoom possible for our instructors and our members.

...to our wonderful instructors that have volunteered to offer Zoom classes to our senior population.

...to our seniors that have stepped up to facilitate our outdoor activities.

...to our sponsors listed in this newsletter. They continue to support our senior center.

...to our Town Board. They continue to support us and guide us here at the Senior Center.

Thank you

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



**American
Red Cross**

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



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!**



No one should face Alzheimer's alone.

Register for one of our free virtual programs for information and resources about Alzheimer's and other dementias from the safety of your own home. View all listings at alz.org/events.

Meaningful Engagement, Activities at Home

- July 13, 2020 | 2 p.m.
- August 19, 2020 | 12:30 p.m.

Understanding Alzheimer's and Dementia

- July 14, 2020 | 12:30 p.m.
- August 6, 2020 | Noon

Understanding Dementia Related Behaviors

- July 28, 2020 | 12:30 p.m.
- August 20, 2020 | 4 p.m.

Coffee with a Consultant: 1:1 Conversation

- July 24, 2020 | 9 a.m.
- August 19, 2020 | 10 a.m.

Know the 10 Warning Signs

- July 21, 2020 | 5 p.m.
- August 14, 2020 | Noon

Recognizing and Coping with Caregiver Stress

- August 17, 2020 | 2 p.m.

Effective Communication Strategies

- July 21, 2020 | 12:30 p.m.
- August 13, 2020 | 2 p.m.

Understanding & Responding to Dementia Related Behaviors

- July 28, 2020 | 12:30 p.m.
- August 20, 2020 | 4 p.m.

Healthy Living for Your Brain and Body: Practical Strategies to Live Well

- August 11, 2020 | 11:15 a.m.

Legal and Financial Planning

- August 24, 2020 | 5 p.m.

Research Update & Understanding Alzheimer's Disease

- August 27, 2020 | 6 p.m.

Registration is Required. You will receive a video conference link to access and can sign in as a guest to enter the virtual program.

RSVP at alz.org/CRF, via our 24/7 Helpline at 800.272.3900, or by contacting Jon Weaver at 518.675.7216

Farmer Market Coupons

It's that time of year again!

The Office for the Aging has two dates set for a **drive-thru** event to distribute Farmer Market Coupons.

Wednesday, July 22 1:00-4:00 pm

Wednesday, August 19 1:00-4:00 pm

At the Saratoga County Fair Grounds

162 Prospect Street, Ballston Spa

&

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

Wednesday, August 5, 3-5 pm at the Saratoga Farmers Market

2020 Eligibility Guidelines:

You must be **60 years of age or older**, ONE booklet per season per individual.

Income at or below: **\$1968** per month, household of one;

\$2658 per month, household of two.

Each booklet value is \$20.00 (5 - \$4.00 coupons) that are good for fresh fruits and vegetables at local participating Farmer Markets.

No change can be given for any unused amount on a coupon.

For more information contact

Office for the Aging at (518) 884-4100.



Saratoga County Office for the Aging Presents
An All American Salute to Seniors

Annual Senior Picnic
September 10, 2020
11 am-3 pm

Saratoga County Fair Grounds
162 Prospect Street, Ballston Spa

This will be a car-hop style all American event.

Complete with Hotdogs, Hamburgers, Baseball, Apple Pie and other American Summer Hits

Call 518-884-4100 for more information.

\$4.00 Advance Meal Ticket Required



*For your safety, this event will look a bit different than prior years. Vehicles will be parked at a safe distance. We encourage you to bring a lawn chair or blanket to place in front of your vehicle or you may stay in your vehicle (Drive-In Style). Unfortunately, there will be no seating at the picnic tables under the pavilion. Our staff and volunteers will serve you at your parking space. There will be access to public restrooms and golf carts to assist.



NEW!

Virtual **Living Well** Programs from MVP Health Care®

We are excited to announce that some of your favorite MVP Living Well programs and classes will be coming to you virtually this August! Log on from the comfort of your home and join us for a fitness class, educational program, or art class.

Here is a sampling of our upcoming virtual programs:

MVP Chair Moves Stay as mobile and strong as possible! This chair-based class emphasizes strengthening, limbering, and stretching exercises for upper and lower limbs. Hand weights and a sturdy chair with no arms is recommended.

MVP Tai Chi Moves Join us for an introduction to Sun Style Tai Chi! Described as “meditation in motion,” the benefits of Tai Chi can include improved balance, flexibility, and muscle strength. Wear flat soled shoes and loose comfortable clothing.

Sunflowers Virtual Hands-On Canvas Painting Enjoy a virtual instructor-led art class creating your own beautiful acrylic 11 x 14 inch canvas of radiant sunflowers.

Walking to Wellness Let's walk! Learn about the benefits of walking, how to get started, safety considerations, and injury prevention. Practice easy, effective stretches to do before you start.

Internet Security, Privacy & Safety

Learn how to better protect yourself online. Join Technology Instructor Daniel Jones to understand privacy tips, email safety, and common scams.

MVP Latin Moves A fun, friendly aerobic workout anyone can do, including beginners! This class combines fast and slow, low-impact exercise set to Latin rhythms.

Visit our MVP Living Well Calendar at mvphealthcare.com/calendar for program descriptions, dates/times, and registration information for these programs and many more.



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>

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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.

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(518) 346-6935

326954 SR

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<p>Judson Meadows Assisted Living Community 39 Swaggertown Road, Glenville 12302 518-831-2400 JudsonMeadowsAssistedLiving.com</p>	<p>Baptist Health Nursing & Rehabilitation Ctr. 297 N. Ballston Ave., Scotia 12302 518-370-4700 BaptHealth.com</p>
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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



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.