



Clifton Park Senior Community Center

September 2020—Ongoing Updates

FOR THOSE WHO
RESERVED THEIR
TICKETS IN MARCH...

WE ARE BACK!

SEPTEMBER
DINNER

SPONSORED BY:

Coburg
Village

Monday, September 14th, 2020
Drive Thru from 4:00pm - 4:30pm

**Limited outdoor seating may be available
at 4:30pm with registration in advance.**

Butternut and Apple Salad on Baby Greens
Classic Dinner Rolls

Roasted Chicken with Herb Gravy
Whipped Potatoes

Green Beans with Caramelized Onions & Almonds

Warm Apple Dumpling with Cinnamon Whipped Cream

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We continually update this newsletter with new activities and announcements. Please check the website frequently for these updates: <https://cliftonpark.org/services/senior-services/senior-center.html>

Pease help us to keep you all safe...There will be a health screening every day. Over 100.0 degrees cannot participate. Health questions: If you are sick OR 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? Have you traveled outside of NYS and if so was it a NYS designated 'hot spot'? Are you currently experiencing new or worsening symptoms: Cough; Shortness of Breath or Trouble Breathing; Fever, Chills or Muscle Pain; Headache or Sore Throat; New Loss of Taste or smell?





Masks must be worn at all times inside and outside of the building when moving around and especially when unable to maintain a greater than 6' distance. **How do I know if I'm more than 6' away from the person next to me?** If I am sitting or standing near someone and we both reach toward each other, our fingers should not touch. If they do, one of us needs to move, we are too close.

Everyone entering the building must enter through the front door only, wear your own mask covering your nose and mouth, stand in line (6' from the person in front of you), and have your temperature taken. Hand sanitizer must be used as you enter the building. Please arrive no more than 15 minutes before a class. If you are early, please wait in your car. Please do not congregate in the lobby or restrooms. Only one person in the restrooms, please knock before entering.



Educate ☆ Entertain ☆ Explore

Space is Limited. Advanced Registration Required by calling the Center at 518-383-1343.

<p>Wednesday, 9/2</p>	<p>9:45am - 11am (at Center)</p>	<p>Cookies & Critters! Come support a local Girl Scout in completing Her Bronze Award project! Come pet and learn about small animals! Boxes of Girl Scout Cookies will be raffled off!</p> 
<p>Thursdays, 9/3, 9/10, 9/17</p>	<p>1pm - 2:30pm (at Center via virtual viewing.)</p>	<p>Journaling & Memoir Workshop with writer and teacher Janine De Tillio Cammarata Journaling encompasses fun forms of writing from recording daily events, goal setting, tracking, accountability, to do lists, and story. This series will focus on journaling techniques to record daily events as well as creating memory threads to write memoir. No experience is needed to participate. Registration is free. Participation is limited to 12 people, so register early on Janine’s website at www.janinedetilliocammarata.com or with the Senior Center.</p>
<p>Friday, 9/18</p>	<p>11:15am - 12:45pm</p>	<p>Jewelry Making w/Judy - Memory Wire Choker Necklace</p>
<p>Wednesday, 9/23</p>	<p>11am - 1pm (at Center)</p>	<p> FLU SHOT CLINIC provided by Walgreen’s Pharmacy <i>*By appointment only* Call the Center at 518-383-1343 to reserve your spot.</i> <i>Please remember to bring your Pharmacy/Medical Insurance/Medicare Cards with you. Completion of a short Questionnaire/Consent Form will be required at time of appointment. Forms are available at the Center or on line. Click Here</i></p>
<p>Friday, 9/25</p>	<p>10am - 11am (at Center via virtual viewing. Phone Dial in or computer sign in from home also available)</p>	<p>Managing Emotional Health During COVID and Beyond Presented by Blue Shield of NENY. Maintaining our emotional and mental health is just as important as maintaining our physical health, but something many of us neglect, especially right now. During this seminar, you will learn: 1) What is emotional and mental health? 2) What affects our emotional and mental health? 3) How to improve or maintain emotional and mental health, even in stressful times.</p> <p>*** This presentation will be available by either calling in to the Webex Event, joining virtually via computer or coming to the center to watch virtually on large screen. Please call the Center to sign up.***</p> 
		<p>Service Project: Soldier Stockings - Operation Adopt a Soldier</p> <div data-bbox="461 1577 756 1793">  </div> <p>We are in need of red, white or green felt to make the stockings, non-perishable items including travel sized shampoo, conditioner, lotion, baby powder, toothpaste, toothbrushes, Regular sized: deodorant, Chapstick, baby wipes, nail clippers, sunscreen, cough drops, pens/pencils, hard candy, candy bars, gum, beef jerky, trail mix, dried fruit & nuts, energy bars, flea collars. Small games: dice, cards, word search, Sudoku, coloring books, DVD movies, etc.</p> <p>Meetings to assemble these stockings will begin next month. There will be something to do for everyone...some people will trace the stockings onto the felt, cut the felt stockings, decorate the stockings and machine sew the stocking together. We will then fill them with small games and travel sized toiletries. These stockings will be shipped via: Operation Adopt a Soldier out of Saratoga. In 2017 we created and donated over 100 stockings, 2018 we created and donated over 200 stockings and in 2019 we created and donated over 300 stockings. Plan to come and join the fun!</p>

September Activities...

	FREE ONLINE via ZOOM	OUTSIDE / INSIDE SENIOR CENTER
MONDAY	<p>10am: Sing/Play Ukulele w/Ron (weekly): Join Zoom Meeting For Song Sheets & Information: Here!</p> <p>1:30pm: Soul Line Dancing w/Linda (weekly): Join Zoom Meeting</p>	<p>9am-9:45am: Jazz w/Janet (9/21, 9/28, 10/5, 10/19) \$16</p> <p>10am: Bocce Ball (weekly)</p> <p>10:15am-11:15am: Chair Yoga w/Bonnie (9/14, 9/21, 9/28, 10/5) \$28 <i>(Please bring your own yoga mat)</i></p> <p>10:30am-12noon: Discussion Group (weekly)</p>
TUESDAY		<p>9am-12noon: Pool & Billiards (weekly)</p> <p>10am-12noon: Basic Computer Skills w/Bob 9/15: Buying a computer, tablet or cell phone 9/22: Setting up freezes at credit reporting agencies 9/29: Shopping online more safely using a second factor For info on free private sessions: Here!</p> <p>*NEW 10:15am-11:15am: Fundamentals of Qi-Gong and Tai Chi w/Bonnie <i>(see class description below).</i> (starting 9/15, 9/22, 9/29, 10/6) \$28</p> <p>2pm-3pm: Tai Chi for Arthritis w/Rich Martin (9/8, 9/15, 9/22, 9/29) \$28</p>
WEDNESDAY	<p>10am: Sing/Play Ukulele w/Ron-All Levels Jam (weekly): Join Zoom Meeting For Song Sheets & Information: Here!</p>	<p>8:45am: Walking Club (weekly) Depart at 9am. Wear sneakers & bring water!</p> <p>9am-10am: Exercise to Tape (weekly)</p> <p>10am: Bocce Ball (weekly)</p> <p>1pm-3pm: Knitting and Crocheting (weekly)</p>
THURSDAY	<p>10:00am-11am: Yoga w/Deanna: Join Zoom Meeting</p>	<p>8am: Golf (weekly at Barney Road Golf Course)</p> <p>9am-12noon: Pool & Billiards (weekly)</p> <p>10am-11am: Yoga w/Deanna (weekly) \$6 member / \$8 non-member</p> <p>10:30am-12:30pm: Watercolors w/Mary Fekete (9/24, 10/8, 10/22, 11/5) \$20</p>
FRIDAY	<p>7pm: Dance Party w/Mary & Frank Colby (weekly): Click Here!</p>	<p>9am-12noon: Woodcarving (weekly)</p> <p>9am-10am: Tap w/Janet (9/25, 10/2, 10/9, 10/16) \$20</p> <p>10am-10:45am: Ballet w/Janet (9/25, 10/2, 10/9, 10/16) \$16</p> <p>12:30pm: Bingo (weekly)</p> <p>1:15pm-2:15pm: Latin Line Dancing (9/4, 9/11, 9/18, 9/25) \$12</p>

***NEW** ***Fundamentals of Qi-Gong and Tai Chi on Tuesdays:** Each one hour class will include simple exercises that comprise basic elements of Qi-gong and Tai Chi forms suitable for beginners or continuing students. The aims of the classes are twofold; 1.) Strengthen the body while inviting increased balance and flexibility and 2.) Lower stress by increasing mental agility and improving mood and sleep.



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

ALL ACTIVITIES HELD AT THE SENIOR CENTER REQUIRE ADVANCED REGISTRATION. WE MAY NOT BE ABLE TO ACCOMMODATE WALK-INS. PLEASE CALL THE SENIOR CENTER AT 518-383-1343 TO SIGN UP AND PAY FOR YOUR CLASSES. You may sign up 2 weeks before the start of each class. Most classes and programs are 4 weeks. If you will be unable to attend, please call us. Please bring your own water bottles. If we are meeting outside please bring a chair. Water fountains have been closed for your safety. No food or other beverages may be consumed indoors at this time. Space will be provided outside of the building for food consumption.

Things to know...

- ◆ **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.
- ◆ The following pre-recorded classes are offered free of charge:
 - * Senior Safety: Basic First Aid w/Gina Wierzbowski, CPHM Emergency Corps: [Click Here!](#)
 - * Beginner Clogging w/Fran: (Prerecorded) The Basics I [Click here!](#) and The Basics II [Click Here!](#)
 - * Yoga w/Deanna - Did you miss a class? Watch a prerecorded session: [Click Here!](#) Or [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! **To set up Zoom, [Click Here!](#)**
- ◆ We are updating our Facebook page with new activities. "Like" our page on Facebook by clicking the link here: <https://www.facebook.com/CliftonParkSeniorCenter/>
- ◆ **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.*



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

Offsite Community Activities...

YMCA FREE Classes for Older Adults: (Y membership NOT required): [Click Here!](#) More Classes: [Click Here!](#)
Free YMCA membership for CDPHP members or save \$100 joiner fee when you join the YMCA.

MVP - FREE Virtual Living Well Programs

BOKWA, Zumba Gold and more. 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.

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.

Thursday, September 10th 11am-3pm: Annual Senior Picnic - Saratoga County Office for the Aging:

This will be a car-hop style All American Event. For tickets call 518-884-4100 or for more information [Click here!](#)

Tuesday, September 29th 5:30pm-6:30pm: Free Community Dinner for those in need: Shen Methodist Church- Lasagna Dinner. Drive-Thru Only. Please leave a message at 518-371-7964 x711 to reserve a meal.

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



Senior Service Committee of CAPTAIN
CHS invites you to a virtual writing class

**Journaling & Memoir Workshop
with writer and teacher
Janine De Tillio Cammarata**

**September 3, 10, & 17
from 1-2:30pm**



Journaling is a great way to make sense of crazy times like the ones we're in!

Journaling encompasses fun forms of writing from recording daily events, goal setting, tracking, accountability, to do lists, and story. This series will focus on journaling techniques to record daily events as well as creating memory threads to write memoir. No experience is needed to participate.

Registration is free. Participation is limited to 12 people, so register early on Janine's website at www.janinedetilliocammarata.com to avoid disappointment!

Janine De Tillio Cammarata has over 30 years' experience with personal journaling and has been teaching creative writing and journaling for the past 20 years.

This event is funded in part by Poets & Writers with public funds from the New York State Council on the Arts with the support of Governor Andrew Cuomo and the New York State Legislature.



**Council on
the Arts**

Poets & Writers

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.

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George & Jackie

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 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.

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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.