



Clifton Park Senior Community Center

October 2020—Ongoing Updates



**WEDNESDAY,
OCT 21ST**

4PM DRIVE THRU

Sponsored by:



DINNER

Provided by:

Deets Catering & More

**BBQ CHICKEN BREAST | POTATO SALAD
CORN-ON-THE-COB | CORNBREAD | BROWNIE**

\$10.00 For Members | \$15.00 For Non-Members

CLIFTON PARK SENIOR COMMUNITY CENTER

(518) 383-1343



Please 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/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. **Please notify the CPSCC director Sue Leonard immediately if you have been to the Senior Center and subsequently have been exposed to the COVID-19 virus or have been diagnosed as having COVID-19.**

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.

*** Membership Not Required. When possible, these activities will be held outdoors!**

<p>Thursdays, October 8, October 22, October 29</p> <p>Wednesday, November 4</p>	<p>1pm - 3pm at Center</p>	<p>*Service Project: Soldier Stockings - Operation Adopt a Soldier</p> <p>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. Space is limited. Please call the Center at 518-383-1343 to sign up!</p> <p>We are in need of red, white or green felt by the yard 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. Please visit www.operationadoptsoldier.org for a complete list of suggested items under 'Donate.'</p>
<p>Wednesday, 10/14</p>	<p>2pm - 3pm at Center</p> <p><i>Virtual viewing via Zoom will also be available.</i></p>	<p>* "MyPlate for Older Adults"</p> <p>Presented by Anna Ipsen, RDN, CDN, Hannaford Supermarkets.</p> <p>As we age healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Myplate for Older Adults is a tool consistent with the USDA Dietary Guidelines for Americans which focuses exclusively on the unique nutritional and physical activity needs associated with advancing years. This class will teach you how to utilize this tool to promote overall health and wellness.</p> <p>This presentation will be offered in person at the Center. Virtual viewing via Zoom will also be available. Space is limited. Advanced Registration Required by calling the Center at 518-383-1343.</p>
<p>Thursday, 10/15</p>	<p>12noon - 2pm at Center</p>	<p>*Medicare Insurance Expo</p> <p>Insurance representatives will be on-site to answer your Medicare questions. At this time you will be able to pick up plan information from the carriers to assist you in making your Medicare choice for 2021. Please call the Center at 518-383-1343 to sign up!</p>
<p>Friday, 10/16</p>	<p>11am - 12:30pm at Center</p>	<p><u>Jewelry Making w/Judy</u> - Dress up your face mask with a Decorative Beaded Chain Lanyard. Wear your mask...even when you're not! \$2 supply fee paid to the instructor the day of class. Space is limited. Advanced Registration Required by calling the Center at 518-383-1343.</p>




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.




...We are going paperless

Members have reported their newsletter being delivered very late or not getting it at all. Email is the quickest way to receive the most up-to-date information from your Senior Center. Please contact us to be sure that we have your correct email address. If you do not have email, please plan to stop in to the senior center to pick up your free newsletter. Call us at 518.383.1343 and we'll reserve one for you here at the center. Our hours are Monday-Friday 9 am-4 pm.

October 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>Monday, October 12th - Center will be closed in observance of Columbus Day</p> <p>9am-9:45am: Jazz w/Janet (10/26, 11/2, 11/9, 11/16) \$16</p> <p>10am: Bocce Ball (weekly)</p> <p>10:15am-11:15am: Chair Yoga w/Bonnie (10/19, 10/26, 11/2, 11/9) \$28 <i>(Please bring your own yoga mat)</i></p> <p>10:30am-12noon: Discussion Group (weekly)</p> <p>1pm-3pm: Quilting Group (every other week - beginning 10/5)</p>
TUESDAY		<p>9am-12noon: Pool & Billiards (weekly)</p> <p>10am-12noon: Basic Computer Skills w/ Bob Stromberg (Bring your own device, charged)</p> <p>10/6: Getting started with Windows 10</p> <p>10/13: Getting better at Windows 10</p> <p>10/20: Getting started with Zoom (includes practice)</p> <p>10/27: Backing up to external devices -- bring a 64 GB or larger flash drive For info on free private sessions: Here!</p> <p> *10:15am-11:15am: Fundamentals of Qi-Gong and Tai Chi w/Bonnie <i>(see class description below).</i> (10/13, 10/20, 10/27, 11/10) \$28</p> <p>2pm-3pm: Tai Chi for Arthritis w/Rich Martin (10/6, 10/13, 10/20, 10/27) \$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>9:30am-11:30am: Investment Group (2nd Wednesday of the month - 10/14)</p> <p>10am: Bocce Ball (weekly)</p> <p>1pm-3pm: Knitting and Crocheting (weekly)</p>
THURSDAY	<p>10:15am-11:15am: 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>10:15am-11:15am: Yoga w/Deanna (weekly) \$6 member / \$8 non-member</p> <p>10:30am-12:30pm: Watercolors w/Mary Fekete (10/8, 10/22, 11/5) \$5 per class</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 (10/23, 10/30, 11/6, 11/13) \$20</p> <p>10am-10:45am: Ballet w/Janet (10/23, 10/30, 11/6, 11/13) \$16</p> <p>12:30pm: Bingo (weekly)</p> <p>1:15pm-2:15pm: Latin Line Dancing (10/2, 10/9, 10/16, 10/23) \$12 Next Session: (10/30, 11/6, 11/13, 11/20) \$12 (sign up two weeks before session start date)</p>

 ***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.

**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 MAKE PAYMENT IF REQUIRED.

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. Water fountains have been closed for your safety. No food or other beverages may be consumed indoors at this time. Space will be provided for food consumption.



thank you!



Thank you to Coburg Village for making our first drive-thru dinner event on September 14th a success!

A warm thank you to our volunteers for your assistance with set-up, serving & clean-up!

Things to know...

- ◆ **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>
- ◆ **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.*

Saturday
October 3, 2020
3:00 pm to 6:00 pm
Clifton Common

Farmers Market
NYS Police
Sheriff's Dept.
Fire Depts.
EMS
Kids Crafts

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Town of Clifton Park's
16th Annual
National Night Out
Celebrating First Responders, Family,
Friends and our Hometown Heroes

Join us for this FREE family event! Make a card for our Hometown Healthcare Heroes at our Card Caring Station. Pick out a Rock to create a Kindness Rock for your favorite hiking spot or landmark around town. Public safety education is always available as part of **National Night Out** events including police, fire, EMS equipment, preparedness displays and safety information. Watch demonstrations by law enforcement K-9s and meet fire and police officials!

Have dinner from a choice of several local food trucks!
All attendees must wear face coverings when unable to stand 6 feet apart from others.

NATIONAL NIGHT OUT

Fall 2020 Shredding Day
Sunday, October 4, 2020
1:00 PM to 3:00 PM
Clifton Park Center Parking Lot
(Between Boscov's and the Saratoga County DMV Office)

The Town and its specialized partner, 3N Documents Destruction will be at Clifton Park Center with onsite shredding for this free drive-thru service. Attendees are asked to bring a donation of non-perishables for local food pantries. Shredding limited to 4 huge bags or boxes of papers. No junk mail, binders, plastic carriers or folders, or metal spiral books. All paper will be shredded on site and then recycled.

This free service is provided to Town of Clifton Park residents only. Drivers are asked to have their identification available. Volunteers will be on site to direct traffic. To ensure social distancing, motorists are asked to remain in their vehicles at all times. Upon arrival, the driver will be asked to pop their trunk and volunteers will then remove the papers for shredding.

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



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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

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(518) 641-3400 or 1-888-519-4455
 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.

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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.

The Building and Parks and Recreation Departments open at 8:00 AM Monday through Friday.

