



# Clifton Park Senior Community Center

December 2020—Ongoing Updates



Pre-registration required. Space is limited.

WEDNESDAY  
DECEMBER 16  
10:00 AM  
MEMBERS ONLY

BRING A  
NONPERISHABLE  
BREAKFAST ITEM  
TO DONATE TO  
THE LOCAL FOOD  
PANTRY

**BREAKFAST**

*with*

**SANTA**

*Snyder's*  
**RESTAURANT**



Rt 146 & Rt 146A  
Location

Artists and members of the Southern Saratoga Art Society are featured in "The Fall Festival of Art" in the Center Gallery. This collection is an eclectic mix of various mediums so please try to view their works at the Senior Center as we continue to promote the arts in our area.

Viewing of art work will be from  
3pm-4pm Monday thru Friday or  
by appointment: 518-383-1343



For more information about  
SSAS please visit:  
[southernsaratogaartist.com](http://southernsaratogaartist.com)

## IT'S TIME TO RENEW YOUR MEMBERSHIP for 2021!

All memberships expire December 31, 2020

Renew for just \$15 annually if you renew by the end of the year

*This can be done over the phone, in the mail or in person*

New 2021 members & renewals after 12/31, will register for \$20



Members receive our monthly Newsletter to keep up to date on our activities & special events. Please contact the Center or stop by for more information.

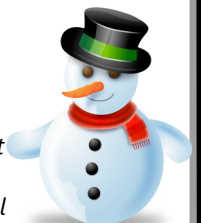
## Upcoming Center Closings

**Christmas Eve:** Thursday, 12/24 (Center closes at 12:30pm)

**Christmas:** Friday, 12/25

**New Year's Day:** Friday, 1/1/21

The Center will follow the Shenendehowa Central School's closure status for inclement weather. If the school district has a 2-hour delay or is closed for the day, the Center will observe the same status.





# Educate ☆ Entertain ☆ Explore

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

\* Membership Not Required

Wednesday, December 2	10:30am	<b><u>Crafting with Guest Crafter Mary Egan:</u></b> Holiday Trinket Box. Craft is on display at the front desk. Free.
Wednesday, December 9	1:30pm - 3:00pm	<b><u>Wrapping with Mary (wrappingconvenience):</u></b> Learn the techniques to professionally wrap your gifts; including different size homemade bows! Bring up to two shoebox size gifts to wrap here or we will supply you with an empty box to wrap. \$2 supply fee to be paid when registering for the class. Sample on display at the front desk.
Friday, December 11	11:00am	<b><u>Jewelry Making with Judy &amp; Sandy:</u></b> Dress up your face mask with a Decorative Beaded Chain Lanyard. Wear your mask...even when you're not! \$2 supply fee to be paid when registering for the class.
Thursday, December 17	12:30pm	<b><u>Crafting with Guest Crafter Pam:</u></b> Ribbon Ornaments. Craft is on display at the front desk. Free.
Wednesday, December 30	11:30am	<b><u>Lunch &amp; Movie: Jingle all the Way ONLY \$3.00 for Lunch (Paid at Registration)</u></b> Workaholic Howard Langston (Arnold Schwarzenegger) wants to make things up to his son, Jamie (Jake Lloyd), and wife, Liz (Rita Wilson). He promises to get Jamie the hottest toy of the season, Turbo-Man -- even though it's Christmas Eve and the toy is practically sold out. As Langston hunts down the elusive gift, he runs into mailman Myron (Sinbad), another father on the same quest. With the clock winding down, Langston's moral code is tested as he starts to learn the real meaning of Christmas. <b>PG Runtime: 1h 35m</b>
Wednesday, January 6	9:15am - 4pm	<b><u>*Defensive Driving - Point &amp; Insurance Reduction Course with Armand Canestraro:</u></b> Completion of this DMV-approved program provides a 10% reduction for 3 years of liability, no-fault and collision insurance premiums. Participants are required to bring with them their NYS driver's license, a pen, and also encouraged to bring lunch. Please arrive on time to complete registration. This course is sponsored by Armand Canestraro and the Empire Safety Council. Space is limited. <b>Advanced Registration at the Senior Center and Payment of \$26/person is required at time of registration.</b> Please make checks payable to Armand Canestraro. Checks will not be cashed until the day of the class.



## Feeling Isolated and alone...Become a Pen Pal: A Timeless Solution

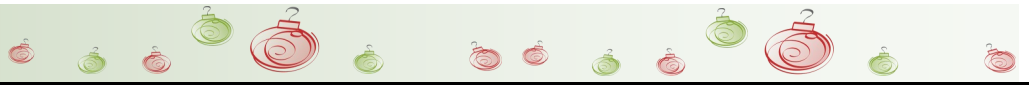


Receiving or Sending an email, or even some snail mail between members of the Clifton Park Senior Center can turn a lonely winter into a joyful one. There are so many members that we don't know and have not yet met. What a wonderful opportunity to make new friends, and help brighten each other's lives.

Stop in the Center today to sign up or you can send us your email address, home address, or both, via email to: [CPSCCVolunteer@gmail.com](mailto:CPSCCVolunteer@gmail.com) (Subject: Pen Pals) or mail to: CPSCC, 6 Clifton Common Court, CP, NY 12065

**Let's start enjoying each other's company even from home!**

# December Activities...



	ONLINE via ZOOM	OUTSIDE / INSIDE SENIOR CENTER
<b>MONDAY</b>	<p><b>10am:</b> Sing/Play Ukulele w/Ron (weekly): <a href="#">Join Zoom Meeting</a>. For Song Sheets &amp; Information click: <a href="#">Here!</a></p> <p><b>1:30pm:</b> Soul Line Dancing w/ Linda (weekly): <a href="#">Join Zoom Meeting</a></p>	<p><b>NEW 9:15am - 12noon:</b> Game Room: darts, air hockey, pool &amp; billiards (weekly)</p> <p><b>10:15am-11:15am:</b> Chair Yoga w/Bonnie (11/16, 11/23, 11/30, 12/7, 12/14) \$35 (Please bring your own yoga mat)</p> <p><b>10:30am-12noon:</b> Discussion Group (weekly)</p> <p><b>1pm-3pm:</b> Quilting Group (every other week)</p> <p><b>1:15pm-2:15pm:</b> Yoga w/Deanna (weekly) \$6 member/\$8 non-member</p>
<b>TUESDAY</b>	<p><b>10am-12noon:</b> Basic Computer Skills w/ Bob Stromberg (<a href="#">Join Zoom Meeting</a>)</p> <p><b>12/1:</b> Taking photos with an iPhone or iPad</p> <p><b>12/8:</b> Taking photos with an Android phone or tablet</p> <p><b>12/15:</b> Bring in 2-6 printed family photos or 35 mm slides to scan (&amp; flash drive to store them on)</p> <p><b>12/22:</b> Restoring old family photos (getting started)</p> <p><b>12/29:</b> Managing digital photos</p> <p>For info on free private sessions: <a href="#">Here!</a></p>	<p><b>9am-10am:</b> Exercise to Tape (weekly)</p> <p><b>9:15am-12noon:</b> Pool &amp; Billiards (weekly)</p> <p><b>10:15am-11:15am:</b> Fundamentals of Qi-Gong and Tai Chi w/Bonnie. This class suitable for beginners or continuing students. (11/17, 11/24, 12/1, 12/8, 12/15) \$35</p> <p><b>NEW 1pm-2:30pm:</b> Games (Po-Ke-No) (see description below) - (weekly) Begins 12/8</p> <p><b>2pm-3pm:</b> Tai Chi for Arthritis w/Rich Martin (11/24, 12/1, 12/8, 12/15, 12/22) \$35</p>
<b>WEDNESDAY</b>	<p><b>10am:</b> Sing/Play Ukulele w/Ron- All Levels Jam (weekly): <a href="#">Join Zoom Meeting</a></p> <p>For Song Sheets &amp; Information: <a href="#">Here!</a></p>	<p><b>9am-10am:</b> Exercise to Tape (weekly) No class 12/16</p> <p><b>NEW 9:15am - 12:15pm:</b> Game Room: darts, air hockey, pool &amp; billiards (weekly)</p> <p><b>NEW 12noon:</b> Bowling Club at Spare Time, 1668 Rt 9, CP (12/9, 12/23) \$10/week paid at bowling alley. (incl. shoes, 2 games, 2 slices pizza, coffee or soda). Call Center to sign up.</p> <p><b>1pm-3pm:</b> Knitting and Crocheting (weekly)</p>
<b>THURSDAY</b>	<p><b>10:15am-11:15am:</b> Yoga w/ Deanna: (weekly) \$6 member / \$8 non-member</p> <p><a href="#">Join Zoom Meeting</a></p>	<p><b>9am-10am:</b> Exercise to Tape (weekly)</p> <p><b>9:15am-12noon:</b> Pool &amp; Billiards (weekly)</p> <p><b>10:15am-11:15am:</b> Yoga w/Deanna (weekly) \$6 member/\$8 non-member (no class 12/24)</p> <p><b>10:30am-12:30pm:</b> Watercolors w/Mary Fekete (12/3, 12/17, 1/7) \$5/class</p> <p><b>NEW 1pm-2:30pm:</b> Dice Games - BYO 3 Dice (weekly) No Experience Necessary</p>
<b>FRIDAY</b>	<p><b>NEW 9:30-11am:</b> Investment Group: 2nd Friday <a href="#">Join Zoom</a></p> <p><b>1:15pm-2:15pm:</b> Latin Line Dancing(12/4, 12/11, 12/18) \$9</p> <p><a href="#">Join Zoom Meeting</a></p>	<p><b>9:15am-12noon:</b> Woodcarving (weekly)</p> <p><b>NEW 9:15am - 12noon:</b> Game Room: darts, air hockey, pool &amp; billiards (weekly)</p> <p><b>11:30am-12:30pm:</b> Blood Pressure Clinic (monthly) 12/11</p> <p><b>12:30pm:</b> Bingo (weekly)</p> <p><b>1:15pm-2:15pm:</b> Latin Line Dancing (12/4, 12/11, 12/18) \$9</p>



Pokeno is a combination of poker and bingo, played like bingo. Instead of playing with a standard bingo card everyone uses a Pokeno card, which has card names and suits on it. As card names are called out, players cover the cards with their poker chips until one of them wins the game. Begins 12/8.

**NEW**

**ALL ACTIVITIES HELD AT THE SENIOR CENTER REQUIRE ADVANCED REGISTRATION.**

We may not be able to accommodate walk-ins. Please call the 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. **Due to ongoing regulations, we are limited as to how many people we can accommodate at one time for all activities. If you will be unable to attend, please call us. This will allow others to join us that may be on a wait list.** Please bring your own water bottles. Water fountains have been closed for your safety. No food or beverage may be consumed indoors at this time. Space will be provided for food consumption if needed.

# 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.
- ◆ **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/>
- ◆ **Old Prescription Medicines? Not sure what to do with them?** Stop in at the Center to pick up a DETERRA drug deactivation system provided by NYS. This is a safe, convenient and effective way to discard old and unneeded meds.
- ◆ The **Library & Forget Me Not Shoppe** are open! (1 person at a time please).
- ◆ **LOST & FOUND.** If you are missing a coat or sweater, please stop in to see if it may be hanging in our coat closet. All items will be donated at the end of the year.
- ◆ Stop by and visit our Lobby for a nice selection of **puzzles** that you can borrow or purchase for 50 cents each. (1 person at a time please).
- ◆ Yoga w/Deanna—Missed a Yoga Class? - Watch a prerecorded session: [Click Here!](#) Or [Here!](#)
- ◆ **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 10 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.



## [Help us to help you have more fun here at the Senior Center!](#)

We are looking to add some games to our Game Room. Do you have...or know someone who would like to donate: Ping Pong Table \* Foosball Table \* Shuffle Board Table \* INDOOR Bocce Ball Set  
Or any other games that you think your friends would enjoy.

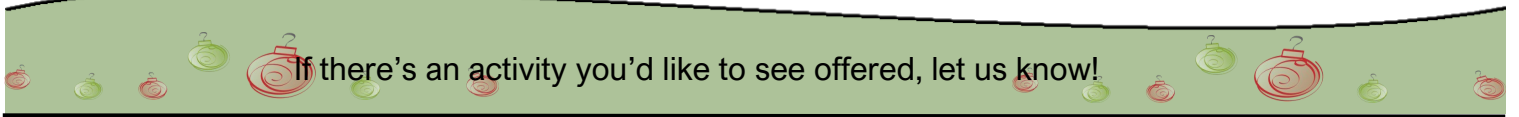


## CAPITAL REGION TOYS FOR TOTS CAMPAIGN: DROP OFF TOYS AT OUR SENIOR CENTER!

We are helping the U.S. Marine Corps Reserve once again this year with their Toys for Tots campaign. You can help out too by dropping off a new, unwrapped toy at our Center.

We will be collecting toys during Senior Center hours (Mon - Fri 9am to 4pm)

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



# CDPHP BOX LUNCH DRIVE THRU GIVEAWAY

*Who said there is no such thing as a free lunch?  
Ahh but there is.*



CDPHP will be providing box lunches 'to go' for us on Thursdays during the month of December at 12 noon to the first 100 Senior Center Members.

First come, First served.



When: Thursday, December 3, 10, 17  
Time: 12 Noon

This is a drive thru event for Members only.  
You do not even need to get out of the car!!

Any questions? Call the Clifton Park Senior  
Community Center at 518-383-1343!

**THANK YOU TO STARPOINT CHURCH**

**For providing a wonderful holiday luncheon for our members. The hot soup and sandwiches were wonderful!**



410 21st Century Park Drive, Clifton Park

*thank you!*



**Soldier Stockings - Operation Adopt A Soldier**

Thank you to all who contributed to this service project!

Whether you participated by donating items, made and decorated stockings or filled them with goodies, we appreciate your help in making this service project a great success! This year we were able to donate 180 stockings!



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326954 SR

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# A name you can trust.

For information, call  
**(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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## Witecki Law Office

8 South Church Street  
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518-372-2827  
www.WiteckiLaw.com

**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 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.*



**BlueShield  
of Northeastern New York**

Call: 1-877-258-7453 (TTY 711)

Visit: [bsneny.com/medicare](http://bsneny.com/medicare)

BlueShield of Northeastern New York is a division of HealthNow New York Inc., an independent licensee of the Blue Cross and the Blue Shield Association.



**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	371-6669
Senior Community Center Director Sue Leonard	383-1343

**Email your Town Board**

Supervisor Philip C. Barrett: [pbarrett@cliftonpark.org](mailto:pbarrett@cliftonpark.org)  
 Deputy Supervisor Lynda M. Walowit: [lwalowit@cliftonpark.org](mailto:lwalowit@cliftonpark.org)  
 Councilman James M. Whalen: [jwhalen@cliftonpark.org](mailto:jwhalen@cliftonpark.org)  
 Councilman Amy J.H. Standaert: [astandaert@cliftonpark.org](mailto:astandaert@cliftonpark.org)  
 Councilman Anthony F. Morelli: [amorelli@cliftonpark.org](mailto:amorelli@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.