



# HAPPY NEW YEAR

## Clifton Park Senior Community Center

January 2021—Monthly Newsletter



Rescheduled Date from December.

WEDNESDAY  
JANUARY 27TH  
10:00 AM  
MEMBERS ONLY

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

**BREAKFAST**

*with*

**SANTA**

**Snyder's  
RESTAURANT**



**MAR  
BY PRICE  
CROPPER  
KET**

Rt 146 & Rt 146A  
Location



**RENEW YOUR  
MEMBERSHIP  
for 2021!**

All memberships  
expired December 31, 2020

**Renew for just \$20  
annually!**

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

**Upcoming Center  
Closings**

**New Years Day:**

Friday, January 1st

**Martin Luther King Jr.**

**Day:**

Monday, January 18th

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.

Dear Members,

The four-year anniversary of the Town of Clifton Park assuming operational responsibility for the Clifton Park Senior Community Center occurred on December 17th. Unfortunately, the reduction in normal programming and activities in 2020, including the necessary closure of the Center at various points of the year, has been a terrible disappointment to everyone. Town Staff has continued to work through 2020 to serve the members of the Center and the entire community. Many of the services we have offered as a Town have been a major adjustment, in reaction to the circumstances created by the COVID-19 pandemic. Through the hard work of Town employees and many volunteers we were able to serve people who required vital assistance.

Services such as grocery shopping, food drives for CAPTAIN's Food Pantry, public protective mask distributions, delivering dinners donated by the Ravenswood Restaurant and other initiatives, were undertaken during the year. Our generous community coalesced to help people in need through the overwhelming donation of money, time, food and non-perishable items. The challenge that began in earnest in March, continues today as a recent increase in cases of COVID-19 in our County has generated a great deal of concern.

We will continue to monitor the public health situation within our community and region daily. We will offer as many programs as possible in a safe manner now and throughout 2021. Currently, Town operational adjustments have been implemented quickly and often, which is similar to the environment we experienced when the pandemic first began to significantly affect New York State. It is our sincere hope we will soon be able to congregate once again and return to the vibrant, dynamic Center we now appreciate more than ever.

Center membership has grown from 620 to more than 1500 since the Town assumed operational responsibility of the Center. We thank our Town Staff, volunteers, sponsors and most importantly you, for making the Center a wonderful cultural and recreational gem that enriches our Town. I wish you a wonderful Holiday Season and a healthy and prosperous New Year.

If you need assistance, please contact the Center or my office at (518)371-0083. We are here to assist you.


**-Phil Barrett  
Town Supervisor**



# Educate ☆ Entertain ☆ Explore

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

\* Membership Not Required

Wednesday, January 6	9:15am - 4:00pm	<b>*Defensive Driving - Point &amp; Insurance Reduction Course with Armand Canestraro:</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 their NYS driver's license, a pen, and encouraged to bring lunch. Please arrive on time to complete registration. This course is sponsored by Armand Canestraro and the Empire Safety Council. <b>\$26/person will be Paid at Registration.</b> Please make checks payable to Armand Canestraro. Checks will not be cashed until the day of the class.
Thursdays, January 7th; January 14; January 21st; January 28th	12:00pm	<b>CDPHP Box Lunch Donation:</b> 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 January at 12 noon to the first 100 Senior Center Members. <b>This is a drive thru event.</b> You do not even need to get out of the car!! <b>First Come, First Served!</b>
Wednesday, January 13	2:00pm <i>At Home on Zoom</i>	<b>*Laugh With Judi:</b> Step into Judi's world of comedy and fun as she shares her observational slant on life with its ups and downs. Judi uses comedy to deal with the challenges of aging, living in the 21st century, dealing with technology, adult children and more. Laugh along with Judi as she talks about some of the same struggles all of us have and turns them into fun laughs. <b>FREE</b> <del>Join us here at the Center via Virtual Viewing by pre-registering, or</del> <a href="#">Click Here</a> to Join the Zoom Meeting from Home!
Wednesday, January 20th	11:00am	<b>Crafts with Judy: Snowman Candle \$2 supply fee Paid at Registration.</b> Sample on display at the front desk. 
Friday, January 22nd	11:00am	<b>Jewelry Making Class: Choice of Earrings or Pendant \$2 supply fee Paid at Registration.</b> Sample on display at the front desk.
Wednesday, January 27th	10:00am- 11:00am	<b>Rescheduled from December: Breakfast with Santa</b> Join us for a rescheduled event! We will be featuring food from Snyder's Restaurant, (1717 Rt. 9), Jimmy's Egg (5 Clifton Country Rd), Big G's Sweet Spot and Chocolate Bar (1602 Rt. 9), and Market 32 (Routes 146 & 146A).

## AARP Taxes



The AARP Tax Preparation program at the Senior Center will begin in early February. The Senior Center will begin taking appointments January 19th. Due to the pandemic, a major portion of the tax preparation process will be done remotely with limited in person contact. Further instructions will be included when appointment is made.



## 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!**

# January Activities...

	ONLINE via ZOOM	OUTSIDE/INSIDE SENIOR CENTER
<b>MONDAY</b>	<p><b>10:00am:</b> Sing/Play Ukulele w/ Ron (weekly): <a href="#">Join Zoom</a> For Song Sheets &amp; Information click: <a href="#">Here!</a></p> <p><b>11:15am-12:15pm:</b> Yoga w/ Deanna: (1/4, 1/11, 1/18) \$6 member/\$8 non-member <a href="#">Join Zoom</a></p> <p><b>1:30pm:</b> Soul Line Dancing w/Linda (weekly): <a href="#">Join Zoom</a></p>	<p><b>9:15am-12:00pm:</b> Game Room: darts, air hockey, pool &amp; billiards (weekly)</p> <p><b>10:15am-11:15am:</b> Chair Yoga w/Bonnie (Call for Dates) \$7 per class</p> <p><b>10:30am-12:00pm:</b> Discussion Group (weekly)</p> <p><b>NEW 11:00am-11:45am:</b> Clogging-Beginner (1/25, 2/1, 2/8, 2/22) \$28</p> <p><b>NEW 12:00pm-12:45pm:</b> Clogging-Intermediate (1/25, 2/1, 2/8, 2/22) \$28</p> <p><b>1:00pm-3:00pm:</b> Quilting Group (every other week)</p> <p><b>1:15pm-2:15pm:</b> Yoga w/Deanna (weekly) \$6 member/\$8 non-member (Begins 1/25)</p>
<b>TUESDAY</b>	<p><b>10:00am-12:00pm:</b> Basic Computer Skills w/ Bob S Free private sessions: <a href="#">Here!</a></p> <p><b>1/5:</b> Managing photos on an Android phone or tablet</p> <p><b>1/12:</b> Backing up / finding a lost Android phone or tablet</p> <p><b>1/19:</b> Getting better at Windows 10 (with review of basic tasks)</p> <p><b>1/26:</b> iPhones: Using the phone, texting, and Contacts <a href="#">Join Zoom</a></p> <p><b>2:00pm-3:00pm:</b> Tai Chi for Arthritis w/Rich Martin \$7 per class <a href="#">Join Zoom</a></p>	<p><b>9:00am-10:00am:</b> Exercise to Tape (weekly)</p> <p><b>9:15am-12:00pm:</b> Pool &amp; Billiards (weekly)</p> <p><b>10:00am-12:00pm:</b> Basic Computer Skills w/ Bob Stromberg-Pre-Register with the Center to view here! Free private sessions: <a href="#">Here!</a> <b>(Virtual Viewing at Center) (See class schedule at left)</b></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. (Call for Dates) \$7 per class</p> <p><b>NEW 1:00pm-2:30pm:</b> Games (Po-Ke-No) - (weekly)</p>
<b>WEDNESDAY</b>	<p><b>10:00am:</b> Sing/Play Ukulele w/ Ron-All Levels Jam (weekly): <a href="#">Join Zoom</a> For Song Sheets &amp; Information: <a href="#">Here!</a></p>	<p><b>9:00am-10:00am:</b> Exercise to Tape (weekly)</p> <p><b>9:15am - 12:15pm:</b> Game Room: darts, air hockey, pool &amp; billiards (weekly)</p> <p><b>NEW 12:00pm:</b> Bowling at Spare Time (1/6, 1/20) \$10/week paid at bowling alley. (incl. shoes, 2 games, 2 slices pizza, coffee or soda). Call Center to sign up.</p> <p><b>1:00pm-3:00pm:</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 <a href="#">Join Zoom</a></p>	<p><b>9:00am-10:00am:</b> Exercise to Tape (weekly)</p> <p><b>9:15am-12:00pm:</b> Pool &amp; Billiards (weekly)</p> <p><b>10:15am-11:15am:</b> Yoga w/Deanna (weekly) \$6 member/\$8 non-member</p> <p><b>10:30am-12:30pm:</b> Watercolors w/Mary Fekete \$5 per class</p> <p><b>1:00pm-2:30pm:</b> Dice Games - BYO 3 Dice (weekly) No Experience Necessary</p>
<b>FRIDAY</b>	<p><b>NEW 9:30am:</b> Investment Club* 2nd Friday <a href="#">Join Zoom</a></p> <p><b>1:15pm-2:15pm:</b> Latin Line Dancing(1/8, 1/15, 1/22, 1/29) \$12 <a href="#">Join Zoom</a></p>	<p><b>9:15am-12:00pm:</b> Woodcarving (weekly)</p> <p><b>9:15am-12:00pm:</b> Game Room: darts, air hockey, pool &amp; billiards (weekly)</p> <p><b>12:30pm:</b> Bingo (weekly)</p>

**\*Senior Investment Club:** A group of men and women interested in learning about investing. During meetings we learn and discuss how to evaluate stocks & utilize that information to invest our monthly contributions. Helpful for anyone with investments they manage or in understanding your advisors strategies & jargon. For information call Bob Sanden 877-7130.

## Things to know...

- ◆ **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? **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.**
- ◆ 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.
- ◆ 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.
- ◆ **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/>
- ◆ **Have old prescription medications and 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** is open to borrow Books and DVDs. (1 person at a time please)
- ◆ Our **Forget-Me-Not Shoppe** is open. Come on in and take a look at our lovely assortment of gifts, greeting cards, and handmade **MASKS!**
- ◆ Stop by and visit our Lobby for a nice selection of **puzzles** that you can borrow or purchase for 50 cents each.
- ◆ Yoga w/Deanna—Missed a Yoga Class? - Watch a prerecorded session: [Click Here!](#) Or [Here!](#)

### **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.

Sign ups begin 2 weeks before the start of each class.

**Due to ongoing regulations, we are limited as to how many people we can accommodate 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. No food or beverage may be consumed indoors at this time.

Space will be provided for food consumption if needed.

Southern Saratoga Art Society member Carol Winterton will feature her art in a one-woman show during the months of January and February, 2021. Carol has been painting for over 30 years, originally starting in pencil, chalk pastel and watercolor. She has since branched out into acrylics and water soluble oils, occasionally using more than one medium on a piece. She states that painting gives her joy, satisfaction and relaxation.

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](https://southernsaratogaartist.com)

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

**Thank you to:**

...Amity Reformed Church in Rexford—Thank you for the holiday baskets provided to some of our Senior Citizens!

...to our members who donated 3 big boxes of toys for the Toys for Tots program!

...to CDPHP for the Box Lunch Drive Thru Program! Our Seniors loved receiving the Lunches!



**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.



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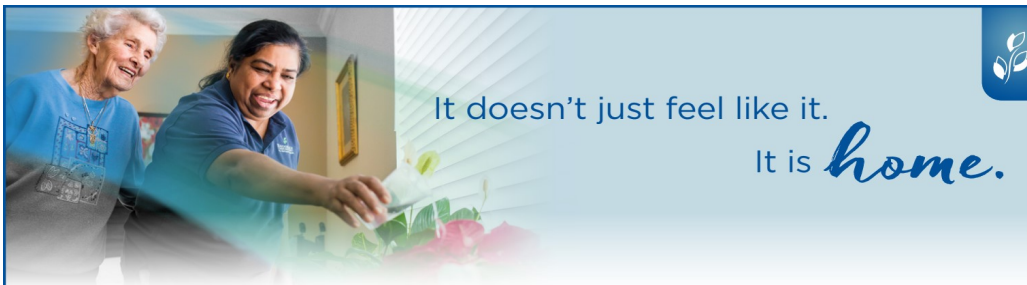
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Glenn Witecki has been practicing law for 35 years and can help you plan by answering critical questions, including: How can I protect my house if I go into a nursing home? How would the purchase of some annuities disqualify me from receiving Nursing 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.*



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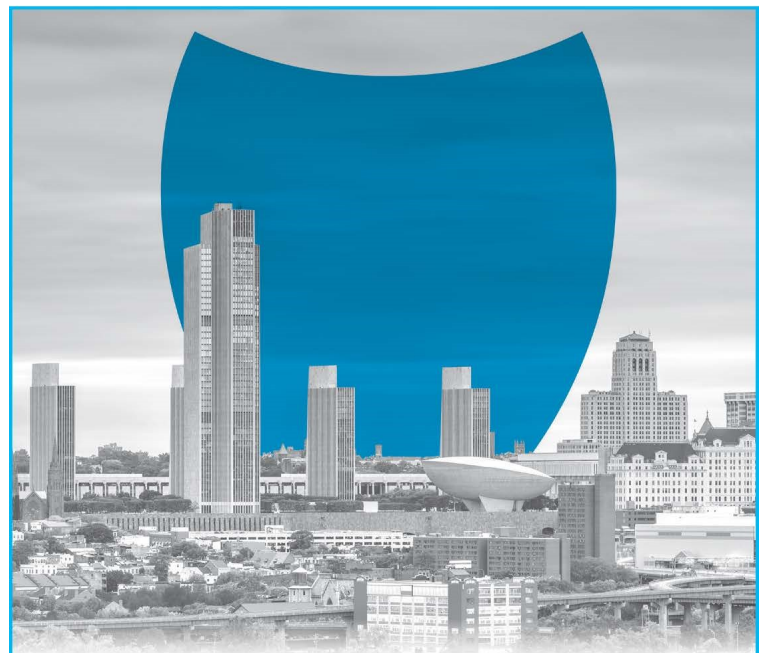
From October 1 through February 14, a representative will be available to speak with you from 8 a.m. to 8 p.m. seven days a week. A representative will be available to speak with you from 8 a.m. to 8 p.m. Monday through Friday the rest of the year.

CDPHP® is a health plan with a Medicare contract. Enrollment in CDPHP Medicare Choices depends on contract renewal.

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**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 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.