



Clifton Park Senior Community Center

February 2021—Monthly Newsletter

SENIOR CENTER COVID UPDATE

- ◆ While the Senior Center may not be open every day for our seniors to come in to the Center, we are here every day to assist you and answer your questions -- Monday through Friday from 9 am until 4 pm. In an abundance of caution, we are postponing some of our in-house programs and activities. Please call to confirm your activities in advance at 518-383-1343. If you call during business hours and reach the voice mail message, it may be that we are on another call. Please leave a message and we will call you back.
- ◆ When you arrive at the senior center, please come in at the main entrance. If the inside door is locked, please ring the bell. It may take a couple of minutes, but we are here to assist.
- ◆ **We are hosting 9 Zoom Classes weekly along with some educational and entertaining Zoom Programs.** If you don't know how to Zoom, we'll be happy to help.
- ◆ **COVID VACCINE INFO:** Call 1-833-697-4829 for the NY State COVID-19 Vaccine Hotline or check <https://am-i-eligible.covid19vaccine.health.ny.gov/> to schedule your appointment.
- ◆ **Retired Medical Professionals** interested in volunteering to give the Vaccine should [Click Here](#) to register.
- ◆ Others interested in Volunteering to help with the **Medical Reserve Corps** with Saratoga County should [Click Here](#) for more information.
- ◆ **AARP Taxes:** Due to the rising COVID-19 cases in our area, AARP Tax-aid **will not** service taxpayers at the Senior Center at this time. They will continue to monitor the situation. If conditions improve, they will consider opening at a later date.



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

President's Day:

Monday, February 15

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.

Spring Birthday Bash Service Project

In **February and March** we are collecting birthday party supplies to offer birthday bags for the children at the local food pantry. We'll need cake mixes, frosting, candles, etc. We will also need small toys or games for the birthday child. Themed or plain colorful paper products like cups, plates and napkins would be wonderful as well. Anything that is new and unused.

On **Thursday, March 18th** and **Friday, March 19th** – *all day* - we will hold a "FUNraiser" at Friendly's at 815 Rt 146, Clifton Park for eat in or take out. We will earn 20% of each check to be used toward the Birthday Bags. A certificate will be provided in the March newsletter that must be presented at Friendly's. It can be duplicated and shared with anyone that you know. Additional copies can be picked up at the senior center. Please tell your family and friends. The more participants the merrier...for everyone.

On **Wednesday, April 21st** our seniors will gather here at the senior center for a Birthday celebration of our own. On this day we will decorate bags and fill them with a Cake Mix, Frosting, Candles and birthday supplies. We'll play some party games and enjoy some cake and ice cream. This is a party for us now and a party later for the children that might not have a birthday celebration otherwise. The children will love it!



Happy Birthday!

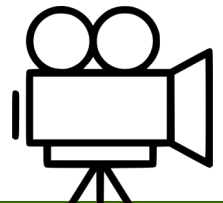
EDUCATE **Entertain****EXPLORE****Space is Limited. Advanced Registration Required by calling the Center at 518-383-1343**

*indicates membership not required

Thursdays, February 4, February 11, February 18, February 25	12:00pm	CDPHP Box Lunch Donation: 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 at 12 noon to the first 100 Senior Center Members. This is a drive thru event. You do not even need to get out of the car!! First Come, First Served!
Wednesday, February 10	11:00am	Crafts w/ Judy: Snowman Candle \$2 supply fee Paid at Registration. Sample on display at the front desk.
Thursday, February 11	11:00am - 1:00pm <i>At home or at Center via Virtual Viewing</i>	*Citizen Preparedness and Covid-19; Presented by the American Red Cross The training gives a comprehensive overview on how to prepare for natural and man-made disasters and how to respond to and recover from them. Participants will learn how to create a household emergency plan, prepare emergency kits customized for their household, how to be aware and stay informed of the different hazards of their community, and how they can get involved to help their community recover after an emergency. <u>Enjoy a Boxed Lunch, courtesy of CDPHP FREE</u> Join us here at the Center via Virtual Viewing by pre-registering, OR Click Here to join the Zoom Meeting from Home!
Thursday, February 18	12:30pm <i>At home or at Center via Virtual Viewing</i>	*What does Rehab look like in a Covid world? Presented by Centers Health Care It is a new year and if there is one thing we have learned in 2020 is anything can happen! Knowing what health care options are available should not be hard! We want you to be in the know! <ul style="list-style-type: none"> • Interactive conversation with professionals: Rehab directors, Social workers & Nurses • Learn more about how a skilled level of care works and when it is needed. • Understanding the admissions process from hospital and/or home to skilled nursing facilities • Being prepared for the future and a Question & answer portion <u>Enjoy a Boxed Lunch, courtesy of CDPHP FREE</u> Join us here at the Center via Virtual Viewing by pre-registering, OR Click Here to join the Zoom Meeting from Home!
Friday, February 19	11:00am	Jewelry Making Class: Choice of Earrings or Pendant \$2 supply fee Paid at Registration. Sample on display at the front desk.
Thursday, February 25	11:30am	Lunch & Movie: Letters to Juliet While visiting Verona, Italy, with her busy fiance, a young woman named Sophie (Amanda Seyfried) visits a wall where the heartbroken leave notes to Shakespeare's tragic heroine, Juliet Capulet. Finding one such letter from 1957, Sophie decides to write to its now elderly author, Claire (Vanessa Redgrave). Inspired by Sophie's actions, Claire sets out to find her long-lost lover, accompanied by her disapproving grandson (Christopher Egan) and Sophie. <u>Enjoy a Boxed Lunch, courtesy of CDPHP FREE</u>

Did you miss something? Want to try something new?

- **Laughter with Judi Clements:** View [HERE](#): Or follow her on Facebook [Here](#):
- **Clogging Classes:** Basics I: View [HERE](#). / Basics II: View [HERE](#).
- **Tai Chi for Arthritis:** View [HERE](#).
- **Latin Line Dancing:** View [HERE](#).



Ongoing Activities...

	ONLINE via ZOOM	INSIDE SENIOR CENTER (CALL FOR DATES)
MONDAY	<p>10:00am: Sing/Play Ukulele w/ Ron (weekly): Join Zoom For Song Sheets & Information Click: Here!</p> <p>11:15am-12:15pm: Yoga w/ Deanna: (weekly) \$6 member/\$8 non-member Join Zoom (Call for Dates)</p> <p>1:30pm: Soul Line Dancing w/Linda (weekly): Join Zoom</p>	<p>9:15am-12:00pm: Game Room: darts, air hockey, pool & billiards (weekly)</p> <p>10:15am-11:15am: Chair Yoga w/Bonnie \$7 per class</p> <p>10:30am-12:00pm: Discussion Group (weekly)</p> <p>NEW 11:00am-11:45am: Clogging-Beginner \$7 per class (Beginning 3/1)</p> <p>NEW 12:00pm-12:45pm: Clogging-Intermediate \$7 per class (Beginning 3/1)</p> <p>1:00pm-3:00pm: Quilting Group (every other week)</p> <p>1:15pm-2:15pm: Yoga w/Deanna (weekly) \$6 member/\$8 non-member</p>
TUESDAY	<p>10:00am-12:00pm: Basic Computer Skills w/ Bob Stromberg <i>Free private sessions: Here!</i></p> <p>2/2: Assessing online information sources 2/9: Buying a computer or tablet 2/16: Improving your online privacy 2/22: Setting up freezes at credit reporting agencies Join Zoom</p> <p>2:00pm-3:00pm: Tai Chi for Arthritis w/Rich Martin (2/2, 2/9, 2/16, 2/23) \$28 Join Zoom</p>	<p>9:00am-10:00am: Exercise to Tape (weekly)</p> <p>9:15am-12:00pm: Pool & Billiards (weekly)</p> <p>10:00am-12:00pm: Basic Computer Skills w/ Bob Stromberg - Pre-Register with the Center to view here! <i>Free private sessions: Here!</i> (Virtual Viewing at Center) (See class schedule at left)</p> <p>10:15am-11:15am: Qi-Gong and Tai Chi w/Bonnie \$7 per class</p> <p>1:00pm-2:30pm: Games (Po-Ke-No) - (weekly)</p> <p>2:00pm-3:00pm: Tai Chi for Arthritis w/Rich Martin \$7 per class</p>
WEDNESDAY	<p>10:00am: Sing/Play Ukulele w/ Ron-All Levels Jam (weekly): Join Zoom For Song Sheets & Information: Click: Here!</p>	<p>9:00am-10:00am: Exercise to Tape (weekly)</p> <p>9:15am - 12:15pm: Game Room: darts, air hockey, pool & billiards (weekly)</p> <p>12:00pm: Bowling at Spare Time (2/3, 2/17) \$10/week paid at bowling alley. (incl. shoes, 2 games, 2 slices pizza, coffee or soda). Call Center to sign up.</p> <p>1:00pm-3:00pm: Knitting and Crocheting (weekly)</p>
THURSDAY	<p>10:15am-11:15am: Yoga w/ Deanna: (weekly) \$6 member/\$8 non-member Join Zoom</p>	<p>9:00am-10:00am: Exercise to Tape (weekly)</p> <p>9:15am-12:00pm: 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 (bi-weekly) \$5 per class</p> <p>1:00pm-2:30pm: Dice Games - BYO 3 Dice (weekly) No Experience Necessary</p>
FRIDAY	<p>9:30am: Investment Club - 2nd Friday Join Zoom</p> <p>1:15pm-2:15pm: Latin Line Dancing (2/5, 2/12, 2/19, 2/26) \$12 Join Zoom</p>	<p>9:15am-12:00pm: Woodcarving (weekly)</p> <p>9:15am-12:00pm: Game Room: darts, air hockey, pool & billiards (weekly)</p> <p>12:30pm: Bingo (weekly)</p> <p>1:15pm-2:15pm: Latin Line Dancing \$3 per class</p>

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 discarded, unneeded meds.
- ◆ Stop by and visit our Lobby for a nice selection of **puzzles** that you can borrow or purchase for 50 cents each.
- ◆ Want to take Driving Safety Course? For AARP Driver Safety: www.aarpdriversafety.org
FOR A 25% DISCOUNT USE PROMO CODE: DRIVINGSKILLS Good Through 3/31/2021
- ◆ **"For the Longest Time" quarantine music video, to make you laugh or smile. [Click Here to Watch!](#)**

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

2021



Saturday

February 6, 2021

9:30 am to 4:00 pm

Free Admission

to the following locations townwide:

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CLIFTON COMMON

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This event is only for educational purposes and no plan-specific benefits or details will be shared. BlueShield of Northeastern New York is a Medicare Advantage plan with a Medicare contract and enrollment depends on contract renewal.

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Thank you:

...to CDPHP for the continued Box Lunch Programs we
have been receiving over the past few months

...to our very generous members:

Our members enjoyed a hot "Breakfast with Santa" and
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Pantry

...to our wonderful volunteers who helped make
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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 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.



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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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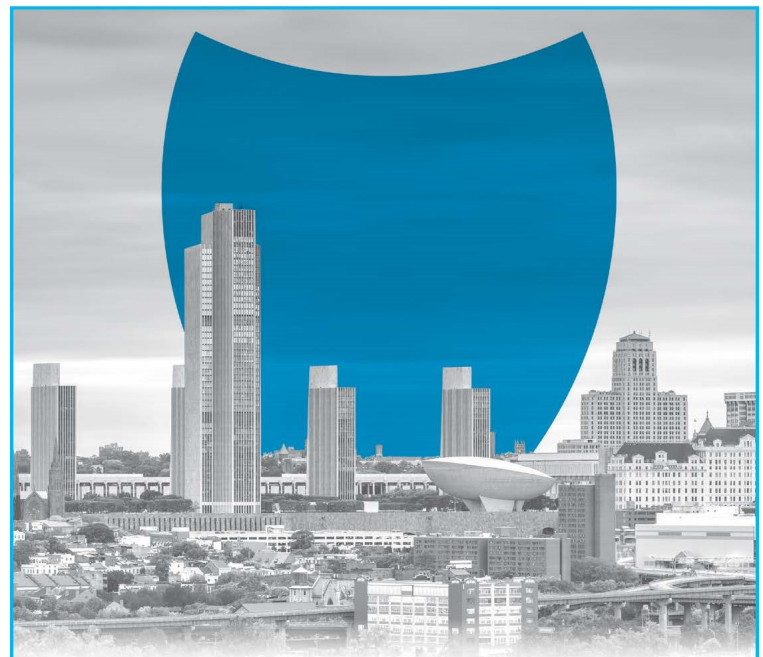
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Clifton Park Senior Community Center
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TO: CURRENT OCCUPANT OR

Town Staff Directory

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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
 Deputy Supervisor Anthony F. Morelli: amorelli@cliftonpark.org
 Councilwoman Lynda M. Walowit: lwalowit@cliftonpark.org
 Councilwoman Amy J.H. 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.