



Clifton Park Senior Community Center

March 2021—Monthly Newsletter

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

Memorial Day:
May 31st

*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.*

SAINT "PATTIES" DAY BREAKFAST

MARCH 17TH, 2021 10AM



Join us for Egg & Sausage Pattie Breakfast
Sandwiches, Hashbrowns, Juice and
Green Applesauce!



Spring Birthday Bash Service Project

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. Anything that is new and unused.

On **Thursday, March 18th** and **Friday, March 19th** – 11am-10pm - we will hold a "FUNraiser" at Friendly's at 815 Rt 146, Clifton Park for Eat In or Take Out. We will earn 15% of each check to be used toward the Birthday Bags. The certificate provided below must be presented at Friendly's. It can be duplicated and shared with anyone. 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!



FUNraising with

Friendly's

Bring in this certificate and 15% of your check will be donated to:

Food Pantry - Senior Center Birthday Bag Project

Thursday and Friday March 18th and 19th All Day

Friendly's

815 Rt 146 Clifton Park, NY 12065

(518) 371-1273



Limit one coupon per table per visit. Discount does not apply to gift card purchase, Ziosk game fees and other promotional or discount offers such as senior discount or 50% Off Breakfast. Reproduction or resale of this coupon is prohibited. Tax and gratuity not included. Valid only at participating Friendly's locations. Offer not available when ordering online.

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

*indicates membership not required

Wednesday, March 3	5:00pm <i>At Home on Zoom</i>	<u>Card Making Tips and Tricks with Union College Students</u> Union students will not only be leading the event but participating as well! Register today and pick up your craft kit at the Senior Center! Click Here to join the Zoom Meeting.
Thursdays, March 4, 11, 18, 25	12:00pm <i>Pick Up</i>	<u>CDPHP Box Lunch Donation:</u> 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, March 10	1:00pm <i>At home or at Center via Virtual Viewing</i>	*<u>Grocery Shopping from Home Safely Online with Linda</u> We will learn about grocery shopping with contactless pick-up or delivery, who offers this type of service, how to get an account, sign in, put items in your cart, shop sales, use online coupons and how to save a list of items that you buy frequently. While there are many local options, we will focus on Hannaford as an example. There will be a Q&A session at the end. Join us here at the Center via Virtual Viewing by pre-registering, OR Click Here to join the Zoom Meeting from Home!
Beginning Monday, March 15	1:00pm - 3:00pm	<u>The Center is open for Drop In Visits Mondays and Wednesdays:</u> Limited seating. Bring your newspaper, have a cup of coffee and chat with some old friends or new. Masks are required. You will be required to wipe your own chairs and space. For more info please call us at 518-383-1343 Pre-registration is required to "Drop-In" to ensure space!
Thursday & Friday, March 18-19	11:00am - 10:00pm	<u>Friendly's FUNraiser:</u> Eat at Friendly's in Clifton Park to help us with our Birthday Bag Service Project for the food pantry. We will earn 15% of each check using the certificate on the front page of the newsletter. Eat In or Take Out! So stop on by and help the local food pantry!
Wednesday, March 24	10:30am	<u>Crafts: Create Springtime Wreaths with Mary E</u> Register in Advance. \$2 supply fee Paid on day of event. Sample on display at the front desk.
Wednesday, March 24	12:30pm <i>At home or at Center via Virtual Viewing</i>	*<u>Magic with Mike</u> Mike Beehner is a retired family doctor, who has had magic as his hobby for the past 50 years. His interest in magic came about, because, he would often ride by this small magic store. One day he walked in and bought a handful of small tricks. From there, it ended up being a life-long love affair with magic and bringing smiles to people young and old with his shows. Join us here at the Center via Virtual Viewing by pre-registering, OR Click Here to join the Zoom Meeting from Home!
Thursday, March 25	11:30am	<u>Lunch & Movie: The King's Speech</u> England's Prince Albert (Colin Firth) must ascend the throne as King George VI, but he has a speech impediment. Knowing that the country needs her husband to be able to communicate effectively, Elizabeth (Helena Bonham Carter) hires Lionel Logue (Geoffrey Rush), an Australian actor and speech therapist, to help him overcome his stammer. An extraordinary friendship develops between the two men, as Logue uses unconventional means to teach the monarch how to speak with confidence. Enjoy a Boxed Lunch, courtesy of CDPHP FREE
Friday, March 26	11:00am	<u>Jewelry Making Class:</u> Register in Advance. \$2 supply fee Paid on day of event. Sample on display at the front desk.

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.

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>1:00pm-3:00pm: Drop In Visits (Beginning 3/15) (see page 2 for information)</p> <p>1:15pm-2:15pm: Yoga w/Deanna (weekly) \$6 member/\$8 non-member</p>
TUESDAY	<p>2:00pm-3:00pm: Tai Chi for Arthritis w/Rich Martin (3/2, 3/9, 3/16, 3/23, 3/31) \$35 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: 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 (3/3, 3/17, 3/31) \$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> <p>1:00pm-3:00pm: Drop In Visits (Beginning 3/17) (see page 2 for information)</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 (3/5, 3/12, 3/19, 3/26) \$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>

Did you miss something? Want to try something new?

- Saint Patrick's Day Clogging: View [HERE](#)
- Health and Wellness Events/Free Virtual Classes with Blue Shield of NENY: bsneny.com/meetings
- Laughter with Judi Clements: View [HERE](#): Or follow her on Facebook [Here](#)
- Tai Chi for Arthritis: View [HERE](#).
- Latin Line Dancing: View [HERE](#).



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 NY State? 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, February and March 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

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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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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: Foosball Table * Shuffle Board Table *INDOOR Bocce Ball Set Or any other games that you think your friends would enjoy.

Thank you:

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

...to our wonderful, giving, seniors for their continued donations for projects like the Birthday Bag Service Project and many others

...to our many resilient instructors who have been forced to bear with us on our journey to re-opening

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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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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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Clifton Park Senior Community Center
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(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
 Deputy Supervisor Anthony F. Morelli: amorelli@cliftonpark.org
 Councilwoman Lynda M. Walowit: lwalowit@cliftonpark.org
 Councilwoman Amy J.H. Standaert: astandaert@cliftonpark.org
 Councilwoman Amy Flood: aflood@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.