



Clifton Park Senior Community Center

April 2021—Monthly Newsletter

JOIN US FOR OUR FIRST DINNER OF THE YEAR AT
THE CLIFTON PARK SENIOR COMMUNITY CENTER

APRIL 14TH

Eddy Senior Living

ST PETER'S HEALTH PARTNERS

WATERCRESS SOUP, MUSHROOM BACON

PORK TENDERLOIN WITH ARUGULA PESTO
FARRO RISOTTO
HONEY ORANGE ROASTED CARROTS

VANILLA BOSCH PEAR WITH MINT SAUCE

Doors open at 5:00pm
\$ 10.00 for Members Only

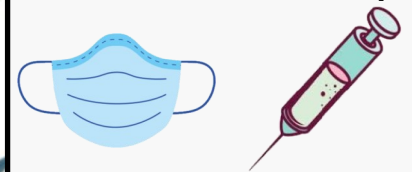
Don't wait, sign up begins on April 1st! Space is limited!

Per NYS Mandate: All attendees must have proof of a recent negative test result or proof of immunization prior to the event.

**Need Help getting your
COVID SHOT?**

Call the Center
at 518-383-1343

We have volunteers to help!!



Center Hours

**Monday-Friday
9:00am-4:00pm**

*Room Rental available after
hours for special events.*

**6 Clifton Common Court,
Clifton Park, NY 12065
518-383-1343**

**Upcoming Center
Closings**

**Memorial Day:
May 31st**

**Want to get together with
friends?**

New and prospective members get to try out a class or activity! Invite your friends along to sign up for a safe and happy way to enjoy being out of the house!

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 **Wednesday, April 21st** we 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!

Friendly's



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

*indicates membership not required

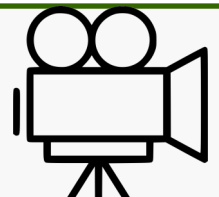
Thursdays, April 1, 8, 15, 22, 29	12:00pm <i>Pick Up</i>	CDPHP Box Lunch To-go: First 100 Senior Center Members. This is a drive thru event. You do not even need to get out of the car!! First Come, First Served!
Thursday, April 8	12:30pm <i>At home or at Center via Virtual Viewing</i>	*Stories of Joy & Laughter With Kate Dudding Who doesn't need more joy and laughter in their life? Come enjoy these humorous and heart-warming stories (personal, historical and folk tales) which storyteller and CPSCC member Kate Dudding has created since 1995. Join us here at the Center via Virtual Viewing by pre-registering, OR Click Here to join the Zoom Meeting from Home! Enjoy a Boxed Lunch, courtesy of CDPHP FREE
Friday, April 16	11:00am	Jewelry Making Class: Register in Advance. \$2 cash supply fee paid at registration. Sample on display at the front desk.
Wednesday, April 21	10:00am - 11:00am	MVP Living Well Programs: BOKWA AND ZUMBA GOLD Limited in-person accommodation to those without access to a computer for Zoom. Register for classes HERE More information on Page 4.
Wednesday, April 21	1:00pm - 2:30pm	Birthday Bag Project: Birthday Party We 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. Pre-Registration is required! Space is limited!
Thursday, April 22	12:00pm	CPSCC Golf League Registration Meeting: We are looking for new golfers (singles and couples) to join this active league. We meet every Thursday at 7:30 am at the Barney Road Par 3 Golf course. Center membership is required. New Members are always welcome throughout the season. . Free Boxed Lunch, courtesy of CDPHP <i>League Membership fee has been waived due to the sponsorship of CDPHP</i>
Wednesday, April 28	10:00am	Crafts: Iris Folding Cards With Pat Twinam Register in Advance. \$2 cash supply fee at registration. Learn to create unique, elegant greeting cards for all occasions that are deceptively easy to make, using the Iris paper-folding technique. Sample on display at the front desk.
Saturday, May 2	1:00pm - 3:00pm	Town Shredding Day The Town and its specialized partner, 3N Document Destruction, will be at Clifton Park Center Mall with onsite shredding from 1:00pm to 3:00pm on Sunday, May 2nd, 2021. This is a free drive-thru service. Please bring a donation of non-perishables for local food pantries. Limited to 4 bags or boxes of papers. No binders, plastic carriers, folders, or metal spiral books. All recycled. Town of Clifton Park Residents only.
Friday, May 7	9:30am - 10:30am	Trips, Trips, Trips Who wants to travel? Where do you want to go? What do you want to see? Bring any information that you have and let's talk about Day Trips for 2021 Travel!
Friday, May 7	10:30am - 11:30am <i>At home or at Center</i>	5-Day Spotlight on New Orleans with Colby from Collette Tours Experience a spirited jazz revue at a jazz club in the French Quarter. Soak in the ambiance of the old South with a drive along St Charles Avenue. Indulge in a taste of a New Orleans favorite- beignets at Café Du Monde. Enjoy dinner at the Court of Two Sisters. Learn to cook New Orleans-style at the New Orleans School of Cooking. Journey through Louisiana's swamp country on a narrated cruise. Join a local guide for a walking tour of the famous French Quarter. Enjoy a panoramic tour of New Orleans featuring St. Louis Cemetery, opened in 1853. Join us here at the Center by pre-registering, OR Click Here to join the Zoom Meeting from Home!

Ongoing Activities...

	ONLINE via ZOOM	INSIDE/OUTSIDE SENIOR CENTER
MONDAY	<p>10:00am: Sing/Play Ukulele w/ Ron (weekly): Join Zoom For Song Sheets & Information Click: Here!</p> <p>1:30pm: Soul Line Dancing w/Linda (weekly): Join Zoom</p>	<p>9:15am-12:00pm: Game Room: darts, air hockey, billiards, & ping pong (weekly)</p> <p>10:00am-12:00pm: Bocce Group (Outside Bocce Courts)</p> <p>10:15am-11:15am: Chair Yoga w/Bonnie (4/12, 4/19, 4/26) \$21</p> <p>10:30am-12:00pm: Discussion Group (weekly)</p> <p>11:00am-11:45am: Clogging-Beginner (4/5, 4/12, 4/19, 4/26) \$28</p> <p>12:00pm-12:45pm: Clogging-Intermediate (4/5, 4/12, 4/19, 4/26) \$28</p> <p>1:00pm-3:00pm: Quilting Group (every other week)</p> <p>1:00pm-3:00pm: Drop In Visits</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 Seniors w/Rich Martin (4/6, 4/13, 4/20, 4/27) \$28 Join Zoom</p>	<p>9:00am-10:00am: Exercise to Tape (weekly)</p> <p>9:15am-12:00pm: Game Room: darts, air hockey, billiards, & ping pong (weekly)</p> <p>10:30am-12:00pm: Basic Computer Skills w/ Bob Stromberg (<i>Bring your own device, charged</i>) 4/6: Discussion: Making travel plans online 4/13: Robocalls and spam texts 4/20: Buying a computer or tablet or cell phone 4/27: Bring in your Windows laptop</p> <p>10:15am-11:15am: Qi-Gong and Tai Chi w/Bonnie (4/13, 4/20, 4/27) \$21</p> <p>1:00pm-2:30pm: Games (Po-Ke-No) - (weekly)</p> <p>2:00pm-3:00pm: Tai Chi for Seniors w/Rich Martin (4/6, 4/13, 4/20, 4/27) \$28</p>
WEDNESDAY	<p>10:00am: Sing/Play Ukulele w/ Ron-All Levels Jam (weekly): Join Zoom For Song Sheets & Information: Click: Here!</p> <p>10:00am-11:00am: Bokwa: 4/21-5/19 Zumba Gold: 5/26-6/23 Register HERE.</p>	<p>9:00am-10:00am: Exercise to Tape (weekly)</p> <p>9:15am-12:15pm: Game Room: darts, air hockey, billiards, & ping pong (weekly)</p> <p>10:00am-11:00am: MVP Living Well Programs: Bokwa and Zumba Gold Bokwa: April 21-May 19, 2021 Zumba Gold: May 26-June 23, 2021 Register HERE.</p> <p>10:00am-12:00pm: Bocce Group (New Group Forming) (Outside Bocce Courts)</p> <p>12:00pm: Bowling at Spare Time (4/14, 4/28) \$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: Game Room: darts, air hockey, billiards, & ping pong (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 (4/1, 4/15, 4/29) \$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 - (monthly) April 2nd Join Zoom</p> <p>1:15pm-2:15pm: Latin Line Dancing (4/2, 4/9, 4/16, 4/23, 4/30) \$15 Join Zoom</p> <p>7:00pm: Mary & Frank Colby Dance Party: Click Here!</p>	<p>9:15am-12:00pm: Woodcarving (weekly)</p> <p>9:15am-12:00pm: Game Room: darts, air hockey, billiards, & ping pong (weekly)</p> <p>12:30pm: Bingo (weekly)</p> <p>1:15pm-2:15pm: Latin Line Dancing (4/2, 4/9, 4/16, 4/23, 4/30) \$15</p>

Did you miss something? Want to try something new? (Pre-recorded)

- **Healthy Bones for Life & Yoga for Osteoporosis with Office For the Aging:** View [HERE](#)
- **Grocery shopping from Home Safely Online with Linda:** View [HERE](#)
- **Clogging with the Hill Country Cloggers:** View [HERE](#)
- **Learn to Play Ukulele with Ron:** View [HERE](#)





MVP Living Well Programs

BOKWA AND ZUMBA GOLD

Register for classes [HERE](#)

MVP Bokwa Dance Moves

Wednesdays, April 21-May 19, 2021 10am-11am

MVP Zumba Gold

Wednesdays, May 26-June 23, 2021 10am-11am

Limited in-person accommodation for those without access to a computer

Call the Clifton Park Senior Community Center at 518-383-1343



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 the country? 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.
- ◆ We accept donations of and loan out to those in need: Wheelchairs and Seated Walkers!
- ◆ The **Forget Me Not Shoppe** is open with an assortment of masks and handmade items! (1 person at a time please)

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.

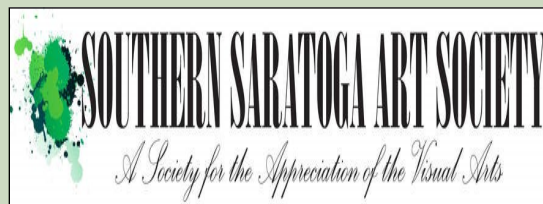
Due to ongoing regulations, we are limited as to how many people we can accommodate for all activities.

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.

SSAS will feature two artists during the months of April and May. **Faith Weldon and Joan Van Alphen** are well known throughout the area, both are members of various art groups and won numerous awards for their pieces. Faith works in several mediums including watercolors, fluid acrylics, collage and pastels. She is inspired by the outdoor world and developing paintings from her imagination. Some of her works include Victorian Ladies, wine bottle collages and musicians. Joan paints in both oils and watercolors. Her passions include abstract painting and working in acrylics. She especially enjoys painting landscapes and flowers.

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



Save the Date

Free Online Medicare Information Sessions

At our Medicare 101 events, you can learn the basics about:

- ✓ How Medicare works
- ✓ What Medicare does and does not cover
- ✓ What Medicare may cost you, and how to avoid penalties

Upcoming Medicare 101 Events:

Tuesday, April 13 • 12 p.m. on Facebook Live
Saturday, April 17 • 9 a.m. on Zoom
Tuesday, April 27 • 12 p.m. on Facebook Live

Register for a **Medicare 101 event** at www.cdphp.com/medicare/learn/virtual-class.

At CDPHP Medicare Products Seminar events, you can learn:

- ✓ Information you need to make your Medicare choice: **HMO vs. PPO**
- ✓ Answers to your important Medicare questions
- ✓ How to schedule a one-one-one meeting with a CDPHP Medicare representative

Upcoming Medicare Products Seminars:

Tuesday, April 6 • 12 p.m. on Zoom
Wednesday, April 21 • 6 p.m. on Zoom

Register for a **Medicare Products Seminar event** at www.cdphp.com/medicare/learn/seminars.



These online seminars are **FREE** and will be conducted by a licensed, authorized representative. Go online or call **(518) 641-3406** to reserve your virtual seat now!

[†] For accommodation of persons with special needs at sales meetings, call (518) 641-5255. (TTY/TDD: 711)

Enrollment in CDPHP Medicare Advantage depends on contract renewal.

Our hours are 8 a.m. - 8 p.m. seven days a week, October 1 – March 31. From April 1 – September 30, Monday – Friday, our hours are 8 a.m. - 8 p.m. A voice messaging service is used weekends, after-hours, and federal holidays. Calls will be returned within one business day.

Capital District Physicians' Health Plan, Inc. | CDPHP Universal Benefits,® Inc.
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21-17121 | 0321

Support our Advertisers when you can...Let them know you appreciate their ad!

Thank you:

...to Peregrine Senior Living of Clifton Park (a Memory Care Community at 1 Emma Lane) for a wonderful St. "Patties" Day drive thru breakfast

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

...to Dolce & Biscotti for donated treats and Panera Bread for the donated bagels, breads, and treats

...for the continued donations of food for the Local Food Pantries



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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.

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

Capital District Physicians' Health Plan, Inc.
CDPHP Universal Benefits,® Inc.



A plan for life.

This is an advertisement.

Y0019_16_0864 Accepted

Support our Advertisers when you can...Let them know you appreciate their ad!



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 Or any other games that you think your friends would enjoy.



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 Rexford, NY 12148 coburgvillage.com



Witecki Law Office

8 South Church Street
 Schenectady, NY 12305
 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 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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Brookdale Niskayuna
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Niskayuna, NY 12309
(518) 346-6935

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◆ Adult Day Program ◆ Respite

518-393-8800 kingswaycommunity.com



Clifton Park Senior Community Center
6 Clifton Common Court
Clifton Park, NY 12065
(518) 383-1343

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 Permit No. 58

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.