



# Clifton Park Senior Community Center

June 2021—Monthly Newsletter

*Clifton Park Senior Center*

## JUNE DINNER

**Featuring:**



June 16th, 2021 | Members Only \$10

Dinner served at 5:00pm

*This is an outdoor event with limited indoor seating.*

Woodfired Pizza | Salad | Lemonade  
Water | Assorted Desserts

Music provided by:

The Acorns/Pickers with a Purpose

**REGISTRATION BEGINS TUESDAY, JUNE 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.

### 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**

### Looking for Volunteers!

- Gardeners
- Travel Committee
- Dinner and Special Activities

**To sign-up, call the front desk today!**

### ***Class Showcase*** **Qi-Gong and Tai Chi**

Each one hour class will include simple exercises that comprise basic elements of Qi-gong and Tai Chi forms suitable for beginners or continuing students. The aim of the class is twofold; 1.) Strengthen the body while inviting increased balance and flexibility and 2.) Lower stress by increasing mental agility and improving mood and sleep.


A collaboration of musicians committed to making a difference through their performances. The “Acorns” are part of a larger collaborative known as “Pickers with a Purpose”, whose mission is to reach out to retirement residences, farmers markets and similar venues.

### Upcoming Center Closings

**Independence Day  
(Observed):  
Monday, July 5th**

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

\*indicates membership not required

Wednesdays, May 26 - June 23	10:00am	<b>*MVP Living Well Programs: Zumba Gold</b> Zumba is back!! Join us here weekly at the Center for a live viewing of Zumba Gold! Get back into the Zumba groove!
Friday, June 4	11:00am	<b>Beading Group:</b> Bring Your Own Project to work on, chat, and have some fun.
Wednesday, June 9	1:00pm	<b>Sweet Shoppe Bingo!</b> : Presented by Kingsway Community OVER \$200 worth of gift card prizes! Members ONLY!
Friday, June 11	11:00am	<b>Jewelry Making Class: Memory Wire Bracelet</b> \$2 cash supply fee paid at registration. Sample on display at the front desk.
Wednesday, June 16	5:00pm	<b>June Dinner:</b> Presented by Classic Crust Catering. Entertainment brought to us by "The Acorns/Pickers with a Purpose." <b>Registration begins Tuesday, June 1.</b>
Friday, June 18	11:30am	<b>Dads and Dogs:</b> Father's Day Potluck—Ladies bring a dish to share. We'll play some old time games and have some fun! Bring Your Own Chair. Hotdogs and Rolls provided by <b>Sorrentino's Deli &amp; Market</b> (241 Grooms Rd, CP)
Date To Be Announced	10:00am	<b>New Pavilion Ribbon Cutting—Highmark Blue Shield of Northeastern New York</b> (formerly Blueshield of NENY) made an incredibly generous donation to our Senior Center! 
Wednesday, June 23	8:45am	<b>Day Trip:</b> Mohonk Mountain House and Walkway Over the Hudson

*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.*

**TRIPS TRIPS TRIPS TRIPS****TRIPS TRIPS**









- ♦ **July 14**—Raquette Lake: Two Hour Scenic Luncheon Cruise on the WW Durant 8:15am departure (waitlist only)
- ♦ **August 10**—Weston VT: Vermont Country Store, Christmas Shop, Mildred's Grill, Weston Village Store and more! 8:45am departure \*Lunch is on your own\* (waitlist only)
- ♦ **NEW!!! August 28**—Barrington Stage Company & Lee, Mass: "Sister Sorry" play, shopping at Prime Lee outlets or dinner in Lee, Mass! 1:15pm departure \*Dinner is on your own\*
- ♦ **NEW!!! September 2**—Lac du Saint Sacrament: Lake George Luncheon Cruise
- ♦ **NEW!!! September 15**—American Bandstand: Lunch & a Show at the Log Cabin in Holyoke, MA
- ♦ **October 10-14**—New Orleans with Collette Tours
- ♦ **NEW!!! December 7**—Nashville Christmas: Lunch & a Show at the Log Cabin in Holyoke, MA

Details can be obtained online or at the center.

Space is limited. Sign up today!

A Negative COVID-19 Test or proof of Vaccine **may be** required for most trips.

# Ongoing Activities...

	ONLINE via ZOOM	INSIDE/OUTSIDE SENIOR CENTER
<b>MONDAY</b>	<p><b>10:00am:</b> Sing/Play Ukulele w/ Ron (weekly): <a href="#">Join Zoom</a> (6/7) (No class 6/14, 6/21, 6/28) For Song Sheets &amp; Information Click: <a href="#">Here!</a></p> <p><b>1:30pm:</b> Soul Line Dancing w/Linda (weekly): *In Inclement Weather* <a href="#">Join Zoom</a></p>	<p><b>9:15am-12:00pm:</b> Game Room: darts, air hockey, billiards, &amp; ping pong (weekly)</p> <p><b>10:00am-12:00pm:</b> Bocce (Outside Bocce Courts)</p> <p><b>10:00am-12:00pm:</b> Discussion Group (weekly)</p> <p><b>10:15am-11:15am:</b> Chair Yoga w/Bonnie (6/7, 6/14, 6/21) \$21</p> <p><b>1:00pm-3:00pm:</b> Quilting Group (every other week)</p> <p><b>1:30pm-2:30pm:</b> Soul Line Dancing w/ Mary &amp; Frank *Weather Permitting* \$5/class </p>
<b>TUESDAY</b>	<p><b>9:00am-10:00am</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>9:00am-10:00am:</b> Yoga w/Deanna (weekly) \$6 member/\$8 non-member</p> <p><b>9:15am-12:00pm:</b> Game Room: billiards (weekly)</p> <p><b>10:00am-12:00pm:</b> Games: Dice (Dice 3000, LCR) (weekly) </p> <p><b>10:15am-11:15am:</b> Qi-Gong &amp; Tai Chi w/Bonnie (6/8, 6/15, 6/22, 6/29) \$28(No class 6/1)</p> <p><b>1:00pm-3:00pm:</b> Games: Scrabble (weekly) </p> <p><b>2:00pm-3:00pm:</b> Tai Chi for Seniors w/Rich (6/1, 6/15, 6/22, 6/29) \$28 (No class 6/7)</p>
<b>WEDNESDAY</b>	<p><b>10:00am:</b> Sing/Play Ukulele w/ Ron-All Levels Jam (weekly): <a href="#">Join Zoom</a> (6/2, 6/9) (No class 6/16, 6/23, 6/30)</p> <p><b>10:00am-11:00am:</b> MVP Living Well Programs Zumba Gold: 5/26-6/23 Pre-Register <a href="#">HERE</a> to participate at home.</p>	<p><b>9:00am-10:00am:</b> Exercise to Tape (weekly)</p> <p><b>9:15am-12:00pm:</b> Game Room: darts, air hockey, ping pong &amp; billiards (weekly)</p> <p><b>9:30am:</b> Investment Club - (2nd Wednesday)</p> <p><b>10:00am-11:00am:</b> MVP Living Well Programs: Zoom at the Senior Center <u>Zumba Gold: May 26-June 23, 2021</u> </p> <p><b>10:00am-12:00pm:</b> Bocce <b>New Group Forming</b> (Outside Bocce Courts)</p> <p><b>10:15am-12:00pm:</b> Games: Social Bridge (weekly) </p> <p><b>12:00pm:</b> Bowling at Spare Time (6/9, 6/23) \$10/week paid at bowling alley (incl. shoes, 2 games, 2 slices pizza, coffee or soda) Call Center to sign up.</p> <p><b>1:00pm-3:00pm:</b> Games: Poker (weekly) </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>8:00am:</b> Golf League (Barney Road Golf Course)</p> <p><b>9:00am-10:00am:</b> Exercise to Tape (weekly)</p> <p><b>9:15am-12:00pm:</b> Game Room: 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 (6/10, 6/24) \$5/class (paid to instructor)</p> <p><b>1:00pm-3:00pm:</b> Games: Pinochle &amp; Mahjong (weekly) </p>
<b>FRIDAY</b>		<p><b>9:15am-12:00pm:</b> Woodcarving (weekly)</p> <p><b>9:15am-12:00pm:</b> Game Room: darts, air hockey, billiards, &amp; ping pong (weekly)</p> <p><b>10:00am-12:00am</b> Games: Dominoes (weekly) </p> <p><b>12:30pm:</b> Games: Bingo (weekly)</p> <p><b>1:15pm-2:15pm:</b> Latin Line Dancing (6/4, 6/11, 6/25) \$15</p>

**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. Space will be provided for food consumption if needed.

## 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 or worsening: Cough; Shortness of Breath or Trouble Breathing; Fever, Chills or Muscle Pain; Headache or Sore Throat; New Loss of Taste or Smell? **Please notify CPSCC director Sue Leonard immediately if you have been to the Senior Center and subsequently have been exposed to COVID-19 or have been diagnosed with 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.
- ◆ We accept donations of and loan out to those in need: Wheelchairs and Seated Walkers!
- ◆ **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.
- ◆ **Computer Help?** Bob Stromberg, our Basic Computer Skills volunteer, will be happy to assist. To setup one on one sessions, please email [cpscvolunteer@gmail.com](mailto:cpscvolunteer@gmail.com). No problem too small! To set up Zoom, [Click Here!](#)
- ◆ **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.
- ◆ The **Forget Me Not Shoppe** is open with an assortment of masks and handmade items! **50% OFF SALE ON ALMOST EVERYTHING!**

### Thank you:

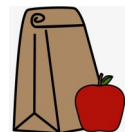
...to Linda Smith from *Divinitea (1604 Rt. 9)*, *Dolce & Biscotti Italian Bakery (1758 Rt. 9)* & *Big G's Sweet Spot & Chocolate Bar (1602 Rt. 9)* for providing tea, pastries, and candies for our wonderful Tea Tasting program for Mother's Day!



...to Mom & Pop's Cafe & Catering (885 NY-67, Ballston Spa) for the wonderful dinner!

...to Our Volunteers-we couldn't do it without you!

...to CDPHP for the wonderful boxed lunches over the past six months!



Southern Saratoga Art Society proudly presents the artwork of SSAS members, William Daisak, David Mayack and Karen Zimmers during the months of June and July 2021 in the Clifton Park Senior Community Center Gallery.

Viewing of art work will be  
Monday thru Friday  
by appointment: 518-383-1343



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

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## Witecki Law Office

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*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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**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 Anthony F. Morelli: [amorelli@cliftonpark.org](mailto:amorelli@cliftonpark.org)  
 Councilwoman Lynda M. Walowit: [lwalowit@cliftonpark.org](mailto:lwalowit@cliftonpark.org)  
 Councilwoman Amy J.H. Standaert: [astandaert@cliftonpark.org](mailto:astandaert@cliftonpark.org)  
 Councilwoman Amy Flood: [aflood@cliftonpark.org](mailto: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.