



**EDUCATE** 



**Entertain**




**EXPLORE**



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

\*indicates membership not required

Wednesday, July 7	11:30am	<b>Potluck Picnic-Independence Day Celebration:</b> We'll share a meal and play some old time outdoor games Croquet, Horseshoes, Bocce Ball and more. Pre-register and bring a dish to share. <i>(Rain or Shine)</i>
Monday, July 12	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! 
Wednesdays, beginning July 14	10:15am	<b>MVP Bokwa Dance Moves:</b> This energizing cardio routine uses the shape of alphabet letters and numbers for dance steps. It is also good for keeping your brain healthy and sharp. Bokwa is an easy fitness program for all ages! <b>Pre-Registration required. Participate at the Center or at home.</b>
Wednesday, July 14	1:00pm	<b>*EEE: Tips on How to Stop Elder Financial Abuse &amp; Scams - Presentation by Special Investigator Julia Hotmer-Drao, New York State Police:</b> This is a growing problem and one of the most under-reported types of elder abuse.
Friday, July 16	12:00pm-1:00pm	<b>*Farmer's Market Coupons:</b> Distribution by Saratoga County Office for the Aging at the Center! (also available at Halfmoon Senior Center on July 7th 12-1pm)
Wednesday, July 21	12:30pm	<b>Music in the Park: Featuring "The Acorns/Pickers with a Purpose"</b> Stop by, bring your own lunch or snack, and listen to great music here at the Senior Center! <i>(Rain or Shine)</i>
Thursday, July 22	10:00am	<b>Crafts: Clay Pot Yard Ornament with Donna:</b> \$2 cash supply fee paid at registration. Sample on display at the front desk.
Wednesday, August 18	1:00pm-3:00pm	<b>Open House: Sponsored by Peregrine:</b> For new or prospective Members! This is the place for independent seniors to make new friends, try new things, dance, exercise, play games, & have some FUN!
Wednesday, September 29	9:30am	<b>*AARP Defensive Driving Course:</b> Advance Registration Required. Payment must be received in advance by check (payable to AARP). You MUST bring your Driver's License to the class. <b>\$25 AARP Members/\$30 Not AARP Member</b>

*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

- ♦ **July 14**—Raquette Lake: Two Hour Scenic Luncheon Cruise on the WW Durant (waitlist only)
- ♦ **NEW!!! July 28**—Magic Wings Butterfly and Yankee Candle, S Deerfield MA
- ♦ **August 10**—Weston VT: Vermont Country Store, Christmas Shop, Mildred's Grill, Weston Village Store and more! \*Lunch is on your own\* (waitlist only)
- ♦ **August 28**—Barrington Stage Company & Lee, Mass: "Sister Sorry" play, shopping at Prime Lee outlets or dinner in Lee, Mass! \*Dinner is on your own\*
- ♦ **September 2**—Lac du Saint Sacrament: Lake George Luncheon Cruise
- ♦ **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 & Shop the Prime Lee Outlets Stores



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>9:15am-12:00pm:</b> Game Room: darts, air hockey, billiards, &amp; ping pong (<i>weekly</i>)</p> <p><b>10:00am-12:00pm:</b> Bocce (<i>Outside Bocce Courts</i>)</p> <p><b>10:00am-12:00pm:</b> Discussion Group (<i>weekly</i>)</p> <p><b>10:15am-11:15am:</b> Chair Yoga w/Bonnie (7/12, 7/19, 7/26) \$21</p> <p><b>1:00pm-3:00pm:</b> Quilting Group (<i>every other week</i>)</p> <p><b>1:30pm-2:30pm:</b> Soul Line Dancing w/ Mary &amp; Frank (7/12, 7/19, 7/26) \$15</p>
<b>TUESDAY</b>	<p><b>9:00am-10:00am</b> Yoga w/ Deanna: (<i>weekly</i>) \$6 member/\$8 non-member <a href="#">Join Zoom</a></p>	<p><b>9:00am-10:00am:</b> Exercise to Tape (<i>weekly</i>)</p> <p><b>9:00am-10:00am:</b> Yoga w/Deanna (<i>weekly</i>) \$6 member/\$8 non-member</p> <p><b>9:15am-12:00pm:</b> Game Room: billiards (<i>weekly</i>)</p> <p><b>10:00am-12:00pm:</b> Games: Dice (Dice 3000, LCR) (<i>weekly</i>)</p> <p><b>10:15am-11:15am:</b> Qi-Gong &amp; Tai Chi w/Bonnie (7/6, 7/13, 7/20, 7/27) \$28</p> <p><b>1:00pm-3:00pm:</b> Games: Scrabble (<i>weekly</i>)</p> <p><b>2:00pm-3:00pm:</b> Tai Chi for Seniors w/Rich (7/6, 7/13, 7/20, 7/27) \$28</p>
<b>WEDNESDAY</b>	<p><b>10:00am:</b> Sing/Play Ukulele w/ Ron-All Levels Jam (<i>weekly</i>): <a href="#">Join Zoom</a></p> <p>For Song Sheets &amp; Information Click: <a href="#">Here!</a></p> <p><b>10:15am:</b> MVP Living Well Programs: Bokwa Dance Moves 7/14—8/18 Pre-Register <a href="#">HERE</a> to participate at home.</p>	<p><b>9:00am-10:00am:</b> Exercise to Tape (<i>weekly</i>)</p> <p><b>9:15am-12:00pm:</b> Game Room: darts, air hockey, ping pong &amp; billiards (<i>weekly</i>)</p> <p><b>9:30am:</b> Investment Club - (<i>2nd Wednesday</i>)</p> <p><b>NEW 10:00am-11:00am:</b> Nickels and Dimes (<i>3rd Wednesday</i>) (<i>Bring 2 dice and \$5.00 or more worth of nickels and dimes – evenly distributed</i>)</p> <p><b>10:00am-11:00am:</b> Sing/Play Ukulele w/Ron (<i>weekly</i>) (<i>weather dependent</i>)</p> <p><b>10:15am-11:15am:</b> MVP Bokwa Dance Moves (7/14/2021 - 8/18/2021)</p> <p><b>10:15am-12:00pm:</b> Games: Social Bridge (<i>weekly</i>)</p> <p><b>12:00pm:</b> Bowling at Spare Time (7/7, 7/21) \$10/week paid at bowling alley (<i>incl. shoes, 2 games, 2 slices pizza, coffee or soda</i>) Call Center to sign up.</p> <p><b>1:00pm-3:00pm:</b> Games: Poker (<i>weekly</i>)</p> <p><b>1:00pm-3:00pm:</b> Knitting and Crocheting (<i>weekly</i>)</p>
<b>THURSDAY</b>	<p><b>10:15am-11:15am:</b> Yoga w/ Deanna: (<i>weekly</i>) \$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 (<i>weekly</i>)</p> <p><b>9:15am-12:00pm:</b> Game Room: billiards (<i>weekly</i>)</p> <p><b>NEW 10:00am-12:00pm:</b> Rummikub (<i>weekly</i>)</p> <p><b>10:15am-11:15am:</b> Yoga w/Deanna (<i>weekly</i>) \$6 member/\$8 non-member</p> <p><b>10:30am-12:30pm:</b> Watercolors w/Mary Fekete (7/8, 7/22) \$5/class (<i>paid to instructor</i>)</p> <p><b>1:00pm-3:00pm:</b> Games: Pinochle &amp; Mahjong (<i>weekly</i>)</p>
<b>FRIDAY</b>		<p><b>9:15am-12:00pm:</b> Woodcarving (<i>weekly</i>)</p> <p><b>9:15am-12:00pm:</b> Game Room: darts, air hockey, billiards, &amp; ping pong (<i>weekly</i>)</p> <p><b>NEW 10:00am-12:00am</b> Games: Dominoes (<i>weekly</i>)</p> <p><b>12:30pm:</b> Games: Bingo (<i>weekly</i>)</p> <p><b>1:15pm-2:15pm:</b> Latin Line Dancing (7/2, 7/9, 7/16, 7/23, 7/30) \$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.

**We may be limited as to how many people we can accommodate for all activities, so please register as soon as possible. If you will be unable to attend, please call us. This will allow others to join us that may be on a wait list.**

## Things to know...

- ◆ **Please help us to keep you all safe...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.** 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?
- ◆ **Everyone entering the building who has not been vaccinated must wear their own mask covering your nose and mouth.**
- ◆ **We continually update this newsletter with new activities and announcements.** Please check the website for these updates: <https://cliftonpark.org/services/senior-services/senior-center.html>
- ◆ We accept donations of and loan out to those in need: Wheelchairs and Seated Walkers!
- ◆ **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 set up 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 discard 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 Kingsway Community for bringing us "Sweet Shoppe Bingo" and \$200 worth of gift-cards and sweets that our seniors loved!



...to Classic Crust Catering for providing our June Dinner!

The pizza was fantastic!

...to The Acorns/Pickers with A Purpose for entertaining our seniors at the dinner!

...to Sorrentino's Deli and Market (241 Grooms Rd) for providing the hotdogs and buns for our Father's Day Celebration

...to all of the ladies who brought us a dish to share for our Father's Day Celebration

### *Sometimes we all need a little help....*

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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:  
[southernaratogaartist.com](https://southernaratogaartist.com)



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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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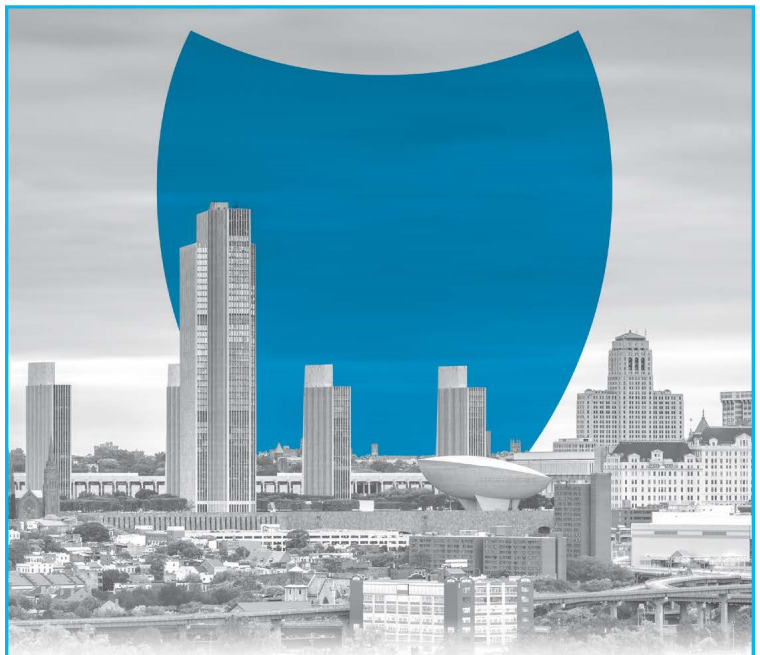
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**Clifton Park, NY 12065**  
**(518) 383-1343**

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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](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.