



Clifton Park Senior Community Center

August 2021—Monthly Newsletter

Center Hours

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

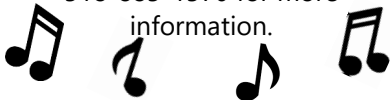
Room Rental available after hours for special events.

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

Class Showcase **SENIOR CHORUS**

Sadly we bid farewell to Bernie Ouimet who will not be returning this year as director. However, Carol Parillo has agreed to take his place! We need a PIANO ACCOMPANIST and more singers. No experience necessary! We meet every Thursday, 10-11:30am starting September 16th.

Contact Lorraine at 518-885-1570 for more information.



ORCHESTRA ON THE COMMON

Rehearsals begin Friday 9/10 9-10:55am. We are in need of string players. For info: Eileen (EFSkinner@aol.com)

Looking for Volunteers!

- Bingo Callers
- Piano Accompanist for Chorus
- Dinner and Special Activities

To sign-up, call the front desk today!

Upcoming Center

Closings:

Labor Day: September 6

Each	Mon	Tue	Wed	Thu	Fri	Sat
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Come join us for an **OPEN HOUSE**

PLEASE BRING
YOUR
VACCINATION
CARD.

For New or Prospective Members!

**WEDNESDAY, AUGUST 18
STARTING AT 1:00PM**

Are you a new member? Not yet a member? Know someone who might like to join us? Come and meet some of our instructors and learn about the many programs & classes we have to offer!

~Class Demonstrations & Meet the Instructors

~Tours

~Light Refreshments

~Advanced Registration Required 518-383-1343

**THIS IS THE PLACE FOR INDEPENDENT SENIORS
TO MAKE NEW FRIENDS, TRY NEW THINGS, DANCE, EXERCISE,
PLAY GAMES, & HAVE SOME FUN!**

Sponsored by:



Enter your name for a chance to win a gift basket. Compliments of Peregrine Senior Living at Clifton Park.



**6 CLIFTON COMMON COURT,
CLIFTON PARK, NY 12065**

Thank you to **Highmark Blue Shield of Northeastern New York** (formerly Blueshield of NENY)! They made an incredibly generous donation to our Senior Center of a new pavilion!



EDUCATE 




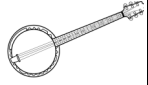
Entertain 



EXPLORE 

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

*indicates membership not required

Thursdays August 5, 12, 19, 26	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! 
Wednesday, August 11	1:30pm-3:00pm	Summer or Fall Wall Hanging Hat with Guest Crafter Mary Pontari from 'Wreaths And More For You' – Have fun creating your decorative wall hanging. You will receive flowers, greenery and learn the technique to create a bow. \$2 supply fee paid at time of registration. Space is limited.
Wednesday, August 18	1:00pm-3:00pm	*Open House: Sponsored by Peregrine: 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, August 25	11:00am	*Can I Protect My Home if I go into a Nursing Home? Find the answer to crucial questions: Wills, Asset Protection Trusts, Powers of Attorney, Revocable Trusts and Medicaid planning. Learn the difference between the “five-year lookback period” and a “penalty period” for Medicaid. Understand how the purchase of some annuities can disqualify you from receiving Nursing Home Medicaid for an extended period, and learn why a properly drafted Power of Attorney may be the most important estate planning document. Presented by: Glenn J. Witecki, Esq., Witecki Law Office, 8 South Church Street, Schenectady, NY, 518-372-2827, www.witeckilawoffice.com
Thursday, August 26	12:00pm-1:00pm	*Music in the Park: Featuring “The Back Porch Players” Stop by and listen to great music here at the Senior Center (Rain or Shine) Enjoy a Boxed Lunch, courtesy of CDPHP FREE 
Wednesday, September 1	11:30am-1:00pm	*Townley and Wheeler Topic: “Let’s Talk About It Now” Join Kathleen A Sanvidge, NYS Licensed Funeral Director and owner of Townley & Wheeler Funeral Home for an informative presentation about the advantage of taking charge of your final arrangements. Learn about the different options available and the financial choices. Lift the burden from loved one’s shoulders without the pressure of emotions and time constraints. Enjoy a complimentary lunch provided by Townley & Wheeler
Saturday, September 11	9:00am-4:00pm	*Book Sale Run out of books to read during the pandemic? Our first Book Sale in over a year! ONE DAY ONLY! Bag Sale begins at 3pm.
Tuesday, September 14	12:00pm-3:30pm	New Social Bridge Group: (Weekly) Replacing Tuesday afternoon Duplicate Bridge! Please call to register and show your interest!
Wednesday, September 29	9:30am-4:00pm	*AARP Defensive Driving Course: Advance Registration Required. Payment must be received in advance by check (payable to AARP). You MUST bring your Driver’s License to the class. (WAITLIST ONLY) \$25 AARP Members/\$30 Non-AARP Member

TRIPS TRIPS TRIPS TRIPS







- ♦ **August 10**–Weston VT: Vermont Country Store, Christmas Shop, Mildred’s Grill, Weston Village Store and more! *Lunch is on your own* (waitlist only)
- ♦ **September 2**–Lac du Saint Sacrament: Lake George Luncheon Cruise (waitlist only)
- ♦ **September 15**–American Bandstand: Lunch & a Show at the Log Cabin in Holyoke, MA (waitlist only)
- ♦ **NEW!!! October 1**–Essex Steam Train & Riverboat in Essex, CT
- ♦ **October 10-14**–New Orleans with Collette Tours (call for more info)
- ♦ **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...

INSIDE/OUTSIDE SENIOR CENTER OR ONLINE via ZOOM	
MONDAY	<p>9:15am-12:00pm: Game Room: darts, air hockey, billiards, & ping pong (<i>weekly</i>)</p> <p>10:00am-12:00pm: Bocce (<i>Outside Bocce Courts</i>)</p> <p>10:00am-12:00pm: Discussion Group (<i>weekly</i>)</p> <p>1:00pm-3:00pm: Quilting Group (<i>every other week</i>) (8/9, 8/23)</p> <p>1:30pm-2:30pm: Soul Line Dancing w/ Mary & Frank (8/2, 8/9, 8/16, 8/23) \$20</p>
TUESDAY	<p>9:00am-10:00am: Exercise to Tape (<i>weekly</i>)</p> <p>9:15am-10:15am: Yoga w/Deanna (<i>weekly</i>) \$6 member/\$8 non-member At the Center OR Join Zoom</p> <p>9:15am-12:00pm: Game Room: billiards (<i>weekly</i>)</p> <p>10:00am-12:00pm: Games: Dice (Dice 3000, LCR) (<i>weekly</i>)</p> <p>12:00pm-3:30pm: Social Bridge Group (beginning 9/14) </p> <p>1:00pm-3:00pm: Games: Scrabble (<i>weekly</i>)</p> <p>2:00pm-3:00pm: Tai Chi for Seniors w/Rich (8/3, 8/10, 8/17, 8/24) \$28</p>
WEDNESDAY	<p>9:00am-10:00am: Exercise to Tape (<i>weekly</i>)</p> <p>9:15am-12:00pm: Game Room: darts, air hockey, ping pong & billiards (<i>weekly</i>)</p> <p>9:30am: Investment Club - (<i>2nd Wednesday</i>)</p> <p>10:00am-11:00am: Nickels & Dimes (<i>1st & 3rd Wednesday</i>) (Bring \$5.00 or more worth of nickels & dimes-evenly distributed)</p> <p>10:00am-11:00am: Sing/Play Ukulele w/Ron (<i>weekly</i>) At the Center OR Join Zoom For Song Sheets Click: Here!</p> <p>10:15am-11:15am: MVP Bokwa Dance Moves (7/14 - 8/18) At the Center OR Pre-Register HERE to participate at home.</p> <p>10:15am-12:00pm: Games: Social Bridge (<i>weekly</i>)</p> <p>12:00pm: Bowling at Spare Time (8/4, 8/18) \$10/week (incl. shoes, 2 games, 2 slices pizza, coffee/soda) Call Center to sign up.</p> <p>1:00pm-3:00pm: Games: Poker (<i>weekly</i>)</p> <p>1:00pm-3:00pm: Knitting and Crocheting (<i>weekly</i>)</p>
THURSDAY	<p>8:00am: Golf League (Barney Road Golf Course)</p> <p>9:00am-10:00am: Exercise to Tape (<i>weekly</i>)</p> <p>9:15am-12:00pm: Game Room: billiards (<i>weekly</i>)</p> <p>10:00am-11:30am: Chorus (<i>beginning 9/16</i>) </p> <p>10:00am-12:00pm: Rummikub (<i>weekly</i>)</p> <p>10:15am-11:15am: Yoga w/Deanna (<i>weekly</i>) \$6 member/\$8 non-member At the Center OR Join Zoom</p> <p>10:30am-12:30pm: Watercolors w/Mary Fekete (8/5, 8/19) \$5/class (paid to instructor)</p> <p>1:00pm-3:00pm: Games: Pinochle & Mahjong (<i>weekly</i>)</p>
FRIDAY	<p>9:00am-10:00am: Tap Dance (9/3, 9/10, 9/17, 9/24) \$20 </p> <p>9:00am-10:55am: Orchestra (<i>beginning 9/10</i>) </p> <p>9:15am-12:00pm: Woodcarving (<i>weekly</i>)</p> <p>9:15am-12:00pm: Game Room: darts, air hockey, billiards, & ping pong (<i>weekly</i>)</p> <p>10:00am-10:45am: Ballet Class (9/3, 9/10, 9/17, 9/24) \$16 </p> <p>10:00am-12:00am: Games: Dominoes (<i>weekly</i>)</p> <p>10:55am-12:20pm: Swing Band (<i>beginning 9/10</i>) </p> <p>12:30pm: Games: Bingo (<i>weekly</i>)</p> <p>1:15pm-2:15pm: Latin Line Dancing (8/6, 8/13, 8/20, 8/27) \$15</p>

Things to know...

Everyone entering the building who has not been vaccinated must wear their own mask covering your nose and mouth.

- ◆ **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?
- ◆ **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!
- ◆ To take a look at **Office for the Aging's Healthy Bones for Life** ONLINE, click [HERE!](#)
- ◆ **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.
- ◆ **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.

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 who may be on a wait list.

*If you or someone you know
need a little help....*

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963 Main St. Clifton Park
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Thank you:

...to CDPHP for sponsoring our monthly
dinner!

...to Deets Catering for the delicious BBQ
chicken dinner!

...to DJ Ernie Apisa for providing the
entertainment for our dinner, you really
got us moving!

...to the Acorns/Pickers With a Purpose for
the great music in the park show

...to our wonderful volunteers that make
everything here happen

Southern Saratoga Art Society is hosting an August Photography Show for its members.

Photographers Frank Coletta, Rebecca Jenkins, Neil Sergott, Brian Skanes, Bill Staudinger, Mede Rigatti, Valerie Wolf and Valerie Woodward will be featured during the month of August 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:
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homeofthegoodshepherd.com

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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.

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Bringing New Life to Senior Living®



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The Witecki Law Office

8 South Church Street,
Schenectady, NY 12305
518-372-2827,
www.WiteckiLawOffice.com

Welcome back after a very difficult year!!!

Beginning September 16, 2021, Glenn Witecki will be resuming in-person, free consultations, every 3rd Thursday of the month at the Clifton Park Senior Center (9:00 a.m. – 12:00 p.m.), or in his office any time (evening hours available).

If you are looking for guidance beyond “standard estate planning”, Glenn can help!

Glenn has been practicing law for 36 years and can help you plan by answering critical questions, including: How can I protect my house if I go into a nursing home? He will also tell you why a properly-drafted Power of Attorney may be the most important estate planning document that you ever sign!

*Call our office directly to set up an appointment.
Under special circumstances home visits can be arranged.*



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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
 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.