



Clifton Park Senior Community Center

September 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

Please make checks payable to:
Town of Clifton Park

Class Showcase

RUMMIKUB

THURSDAYS AT 10AM

Rummikub is a tile-based game for two to four players, combining elements of the card game rummy and mahjong.

DUPLICATE BRIDGE (UNSANCTIONED)

Beginning 9/28 at 11am
We Need a Scorer!
Please call the Center.

LEARN TO PLAY BEGINNER BRIDGE

Beginner 9/21 at 9am
Call to pre-register.
Space is limited to 7.

Upcoming Center

Closings:

Labor Day: September 6

**Columbus Day/
Indigenous People's Day:
October 11**

September Dinner

Thursday,
September 16
Doors open at
5pm



Members Only
\$10.00

Presented by:



BROOKDALE
SENIOR LIVING

Sweet Corn Gazpacho

Zucchini Cheddar Scone

Cornbread Stuffed Porkloin with
Cherry Demiglace

Garlic Herb Haricot Vert

Roasted Grape, Goat Cheese, and
Honey Stuffed
Sweet Potatoes

Apple Cranberry Crumble

Registration begins Wednesday, September 1st. All attendees must be Vaccinated.

Basket Party Donations are Welcome!

Themes:

PET LOVERS
COFFEE & TEA
BABY ITEMS
SPA THEMES

Baskets can be dropped off at
the Front Desk.

Basket Party OCTOBER 3RD AT 12:00 NOON



This event is open to the public and tickets must be purchased in advance at the Center, as space is limited. Tickets are \$10 and include 20 free auction tickets, a sandwich, chips and dessert.

This is a fun afternoon, and we hope to see you there! For more information, please contact the Front Desk.

EDUCATE ☆ Entertain EXPLORE

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

**Indicates membership not required*












Thursdays in September	12:00pm <i>Pick Up</i>	CDPHP Box Lunch: Come and enjoy your lunch outdoors with your fellow members OR take a lunch to go! First 100 Senior Center Members. 
Wednesday, September 1	11:30am-1:00pm	**“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
Thursday, September 9	1:00pm	*Clifton Park Clean Energy Campaign: The Town of Clifton Park’s GREEN Committee will explain how to power your home with clean solar power, receive 10% off your electric bill, and both you and the Town of Clifton Park receives \$100. Bring your electric bill or account number and we will show you how to switch to clean power. We will also cover purchase of electric vehicles and non fossil fuel heating and cooling.
Saturday, September 11	9:00am-4:00pm	*Book Sale: ONE DAY ONLY. Bag Sale begins at 3pm.
Monday, September 13	2:00pm-3:00pm	**“Eating for Immunity/Illness Prevention” Join Anna Ipsen, a Registered Dietitian at Hannaford Supermarkets, for a presentation on how to eat right to boost your immune system. Learn which nutrients to eat to keep your immune system strong and healthy! 
Saturday & Sunday, September 18 & 19	10:00am-5:00pm	*Clifton Park’s Annual Farm Fest: Visit the many working farms in Clifton Park. Tour Bowman Orchards, Riverview Orchards, Shepherd’s Hey Farm, and much more. Call 518-371-6667 or visit our Town website www.cliftonpark.org for a full schedule.
Wednesday, September 22	12:00pm	*Music in the Park: Featuring “The Acorns/Pickers with a Purpose” BACK BY POPULAR DEMAND! Bring a lunch or snack, and listen to music at the Senior Center! (<i>Rain or Shine</i>)
Tuesday, September 28	11:00am-2:00pm	New Duplicate Bridge Group Forming: (Weekly) Please call to register and show your interest! We need a Scorer!
Wednesday, September 29	9:30am-4:00pm	*Defensive Driving Course: Advance Registration Required. You MUST bring your Driver’s License to the class. \$31 due at time of registration (Check ONLY payable to Armand Canestraro).
Sunday, October 3	12:00pm	*Basket Party: This event is open to the public and tickets must be purchased in advance at the Center, as space is limited. Tickets are \$10 and include 20 free auction tickets, and lunch! This is a fun afternoon, and we hope to see you there! For more information, please contact the Front Desk.
Tuesday, November 30	9:30am-4:00pm	*Defensive Driving Course: Advance Registration Required. You MUST bring your Driver’s License to the class. \$31 due at time of registration (Check ONLY payable to Armand Canestraro).

TRIPS TRIPS TRIPS TRIPS

- ◆ **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!!! September 23**–History Hunt: Tour Clifton Park and visit the Historical buildings with Town Historian John Scherer (MEMBERS ONLY)
- ◆ **October 1**–Essex Steam Train & Riverboat in Essex, CT (waitlist only)
- ◆ **October 10-14**–New Orleans with Collette Tours (FULL)
- ◆ **December 7**–Nashville Christmas: Lunch & a Show at the Log Cabin in Holyoke, MA & Shop the Prime Lee Outlets Stores (waitlist only)

Trip details can be obtained online or at the center.
Space is limited. Sign up today!
Proof of Vaccine **is** required for trips.

Ongoing Activities...

MONDAY	<p>10:00am-12:00pm: Bocce (<i>Outside Bocce Courts</i>)</p> <p>10:00am-12:00pm: Discussion Group</p> <p>10:15am-11:15am: Chair Yoga w/Bonnie (9/13, 9/20, 9/27) \$21</p> <p>11:00am-11:45am: Clogging Beginner (9/13, 9/20, 9/27, 10/4) \$28</p> <p>12:00pm-1:00pm: Clogging Intermediate (9/13, 9/20, 9/27, 10/4) \$28</p> <p>1:00pm-3:00pm: Quilting Group (<i>every other week</i>) (9/13, 9/27)</p> <p>1:30pm-2:30pm: Soul Line Dancing w/ Linda (9/13, 9/20, 9/27) \$15</p> <p>2:30pm-3:30pm: Healthy Bones for Life (Starting 9/27) </p>				
	TUESDAY	<p>9:00am-10:00am: Exercise to Tape</p> <p>9:00am-11:00am: Learn to Play: Beginner Bridge (beginning 9/21) <i>Space is limited to 7 participants.</i> </p> <p>9:15am-10:15am: Yoga w/Deanna \$6 member/\$8 non-member <i>At the Center</i> OR Join Zoom</p> <p>10:00am-12:00pm: Games: Dice (Dice 3000, LCR)</p> <p>10:15am-11:15am: Qi-Gong & Tai Chi w/Bonnie (9/14, 9/21, 9/28) \$21 \$14 (First Class Free!)</p> <p>11:00am-2:00pm: Duplicate Bridge Group (Unsanctioned) <i>No Charge!</i> (beginning 9/28) </p> <p>1:00pm-3:00pm: Games: Scrabble</p> <p>2:00pm-3:00pm: Tai Chi for Seniors w/Rich (9/7, 9/14, 9/21, 9/28) \$28</p>			
		WEDNESDAY	<p>9:00am-10:00am: Exercise to Tape</p> <p>9:30am: Investment Club - (<i>2nd & 4th Wednesday</i>)</p> <p>10:00am-11:00am: Nickels & Dimes (<i>1st & 3rd Wednesday</i>) (<i>Bring \$5.00 or more worth of nickels & dimes-evenly distributed</i>)</p> <p>10:00am-11:00am: Sing/Play Ukulele w/Ron <i>At the Center</i> OR Join Zoom For Song Sheets Click: Here!</p> <p>10:15am-11:15am: MVP Bokwa Dance Moves <i>At the Center</i> (9/15-11/17) OR Pre-Register HERE to participate at home.</p> <p>10:15am-12:00pm: Games: Social Bridge</p> <p>12:00pm: Bowling at Spare Time (9/1, 9/15, 9/29) \$10/week (<i>incl. shoes, 2 games, pizza, coffee/soda</i>) Call Center to sign up.</p> <p>1:00pm-3:00pm: Games: Poker</p> <p>1:00pm-3:00pm: Knitting and Crocheting</p> <p>1:15pm-2:00pm: Beginner Tai Chi for Seniors w/ Rich (9/8, 9/15, 9/22, 9/29) \$28 </p> <p>2:30pm-3:30pm: Healthy Bones for Life (Starting 9/22) </p>		
			THURSDAY	<p>8:00am: Golf League (Barney Road Golf Course)</p> <p>9:00am-10:00am: Exercise to Tape</p> <p>10:00am-11:30am: Chorus (beginning 9/16) </p> <p>10:00am-12:00pm: Rummikub</p> <p>10:15am-11:15am: Yoga w/Deanna \$6 member/\$8 non-member <i>At the Center</i> OR Join Zoom</p> <p>10:30am-12:30pm: Watercolors w/Mary Fekete (9/2, 9/16, 9/30) \$5/class (<i>paid to instructor</i>)</p> <p>1:00pm-2:00pm: MVP Zumba Gold <i>At the Center</i> (9/16-11/18) OR Pre-Register HERE to participate at home. </p> <p>1:00pm-3:00pm: Games: Pinochle & Mahjong</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 (beginning 9/10) </p> <p>9:15am-12:00pm: Woodcarving</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</p> <p>12:30pm: Games: Bingo</p> <p>1:00pm-2:30pm: Jewelry Making Class: <i>2nd Friday</i>—Beading 101 and <i>4th Friday</i>—Projects</p> <p>1:15pm-2:15pm: Latin Line Dancing (9/3, 9/10, 9/17, 9/24) \$15</p> <p>2:30pm-3:30pm: Healthy Bones for Life (Starting 9/24) </p>

Things to know...

Everyone entering the building who has not been vaccinated must wear their own mask covering their 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, 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 experiencing new or worsening: Cough; Trouble Breathing; Fever, Chills; Headache; Sore Throat; 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!
- ◆ **DID YOU KNOW..** There's an active Widow's Group at the Center. They meet each Friday for lunch! Any widow or widower are welcome to join. Call Pat: 518-557-2284.
- ◆ **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 or legal advice? Make an appointment by calling 518-884-4100 and ask for the legal program. Appointments required.
- ◆ **Game Room:** play darts, air hockey, billiards, & ping pong: **Any day, any time.**
- ◆ **Ask about a free class for first timers in: Advanced Sign up Required. Space is limited.**
 - Clogging
 - Tai Chi for Arthritis
 - Qi Gong and Tai Chi
 - Tap Dance
 - Ballet Class

Thank you:

...to Peregrine for sponsoring our Open House where we welcomed new members as well as the donation of a \$100 day spa gift card won by Debra Desso!

...to our wonderful Senior Volunteers

...to "The Back Porch Players" for the entertainment at our monthly Music in the Park.

...to CDPHP for the great lunches for our seniors.

Clifton Park's Annual Farm Fest

Saturday & Sunday, September 18 & 19
10:00am-5:00pm



Visit the many working farms in Clifton Park. Tour Bowman Orchards, Riverview Orchards, Shepherd's Hey Farm, and much more.

For more information call 518-371-6667 or visit our Town website www.cliftonpark.org for a full schedule.

Two long-time area artists will be featured during September in the Gallery at the Clifton Park Senior Community Center. Rebecca Jenkins has an A.A.S. Degree in Photography from Sage College and photographs numerous interesting sights throughout the area. Patricia Wade is currently a watercolorist and paints an eclectic variety of items.

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



For more information about local artists and SSAS visit their website: [southernaratogaartist](http://southernaratogaartist.com)

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JOIN OUR FREE LUNCH & LEARN EVENT

Wednesday, September 22 at 11am
Kingsway Village Apartments

To reserve please respond by September 8
by email to RSVP@kingswaycommunity.com
or call 518-393-8800 x5001



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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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Bringing New Life to Senior Living®



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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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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.



Call 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 & Recreation* Departments open at 8:00 AM Monday through Friday.