



Clifton Park Senior Community Center

November 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

LEARN TO PLAY EUCHRE

Wednesdays at 1:00pm

MODERN DANCE

Free Class
Thursday November 4

LEARN TO PLAY UKULELE

Free demo Monday
November 8 at 1:00pm

“SHOE LEATHER EXPRESS” SQUARE DANCING

Free Class
Tuesday, November 9
Tuesdays at 1:00pm

BEGINNER SOUL LINE DANCING

Free! 11/10, 11/17, 11/24
Wednesdays at 1:15pm

OFFICE FOR THE AGING DAILY LUNCHES

Call in by noon the day before to
reserve your meal! The Lunch Menu
can be found online [HERE](#) or at the
Center.

Upcoming Center

Closings:

Veteran’s Day

Thursday, November 11

Thanksgiving

November 25 + 26

NOVEMBER DINNER

Wednesday, November 17

Doors open at 4:30pm

Members Only. All attendees must be vaccinated.



Homestyle Chicken and Biscuits

Mashed Potatoes

Cooked Carrots

Cranberry Sauce

Brownie with Whipped Cream

Sponsored by:



Registration begins November 1, in person ONLY.

It’s time to Renew!

Remember, everyone’s membership ends
December 31st. Members receive our monthly Newsletter
to keep up to date on our activities & special events.
Contact the Center or stop by for more information.
To save time, **Renew Your Membership** for 2022 today!



CAPITAL REGION TOYS FOR TOTS

We are helping the U.S. Marine Corps Reserve
once again this year with their Toys for Tots
campaign. You can help out too by dropping off
a new, unwrapped toy at our Center.





CLIFTON PARK SENIOR CENTER CHORUS CONCERT



**Thursday, December 2nd
1:00pm**

Light refreshments to follow!



EDUCATE 





Entertain



EXPLORE 

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

*indicates membership not required

<p>Wednesday, November 3</p> 	<p>1:00pm- 3:00pm</p>	<p>Service Project: Soldier Stockings - Today we will fill the stockings with your donated items! -Leftover Halloween Candy for our soldiers. -Small games: dice, cards, word search, Sudoku, coloring books, DVD movies, etc. -Travel sized: shampoo, conditioner, lotion, baby powder, toothpaste, toothbrushes -Regular sized: deodorant, Chapstick, baby wipes, nail clippers, sunscreen, cough drops, pens/pencils, hard candy, candy bars, gum, beef jerky, trail mix, dried fruit/nuts, energy bars, flea collars Please visit www.operationadoptasoldier.org for a complete list of suggested items under 'Donate.'</p> <p style="text-align: right;">HELP NEEDED!</p>
<p>Thursday, November 4</p>	<p>11:30am- 12:30pm</p>	<p>*Modern/Postmodern Dance with Beth Jacobs - Stretching thru a blended style with elements of: classical ballet, classical modern dance (Horton, Lemon, Graham...), a dose of post-modern dance (generally a mix of theater & dance), and jazz. Wear stretchy clothing. Dance in socks or bare foot. FREE Registration is required. Space is limited. Regular weekly classes to follow.</p>
<p>Friday, November 5</p>	<p>11:30am- 1:30pm</p>	<p>Lunch and a Movie: "Follow the River" Mary Ingles is pregnant when she and her young son are captured from their homestead in Virginia's Blue Ridge Mountains by Shawnee Indians. After giving birth, Mary finds herself falling for Wildcat, the Shawnee chief, but is determined to return home to her husband. Separated from her children after being sold, Mary convinces a fellow captive to escape with her and with unwavering resolve, she leads them on the journey of a lifetime-a journey home. (93 Mins) \$3.00 Lunch</p>
<p>Monday, November 8</p>	<p>1:00pm</p>	<p>Learn to Play Ukulele Demonstration: Want to learn how to play the Ukulele? Or enjoy listening to Ukulele music? Sign up Today! FREE</p>
<p>Tuesday, November 9</p>	<p>1:00pm</p>	<p>*Shoe Leather Express Square Dancing: Class November 9th at 1pm. Registration is required. Space is limited. Regular weekly classes to follow. FREE</p>
<p>Wednesday, November 10</p>	<p>12:00pm</p>	<p>Music at the Center Featuring: Chuck Oakes & The Acorns: Bring a lunch or snack, and listen to music at the Senior Center! FREE</p>
<p>Wednesday, November 10</p>	<p>1:00pm</p>	<p>Craft Connection with Judy: Turkey Craft \$2 cash supply fee paid at registration. Sample on display at the front desk. Advanced Registration Required</p>
<p>Wednesday, November 10</p>	<p>1:15pm</p>	<p>Beginner Soul Line Dancing: With Mary & Frank beginning on Wednesdays, November 10th, 17th, and 24th at 1:15pm. Call the Center for information! Registration is required. Space is limited. FREE</p>
<p>Tuesday, November 30</p> 	<p>9:30am- 4:00pm</p>	<p>*Defensive Driving Course sponsored by Armand Canestraro and the Empire Safety Council: DMV approved program provides a 10% reduction for 3 years of liability, no-fault & collision insurance premiums. Please bring: NYS driver's license, pen, water bottle and lunch! Pre-registration required \$31/person payable to Armand Canestraro</p>

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

- ◆ **NEW!!! November 19**–Skene Manor in Whitehall, and Rogers Island in Fort Edward
- ◆ **December 7**–Nashville Christmas: Log Cabin in Holyoke, MA & Shop the Prime Lee Outlets
- ◆ **NEW!!! December 9**–Albany Lights in the Park with Dinner at the Halfmoon Diner



Trip info available online or at center. Space is limited. Sign up today!
Proof of Vaccine is required for trips.

Ongoing Activities...

MONDAY	<p>9:00am-10:00am: Tap Dance (11/1, 11/8, 11/15, 11/22, 11/29) \$25</p> <p>10:00am-10:45am: Jazz Dance (11/1, 11/8, 11/15, 11/22, 11/29) \$20</p> <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 (11/8, 11/15, 11/22, 11/29) \$28</p> <p>11:00am-11:45am: Clogging Beginner (11/1, 11/8, 11/15, 11/22, 11/29) \$35</p> <p>12:00pm-1:00pm: Clogging Intermediate (11/1, 11/8, 11/15, 11/22, 11/29) \$35</p> <p>12:30pm-2:00pm: Games: Rummikub </p> <p>1:00pm-3:00pm: Quilting Group (<i>every other week</i>) (11/1, 11/15, 11/29)</p> <p>1:15pm-2:15pm: Soul Line Dancing w/ Mary & Frank (11/1, 11/8, 11/15, 11/22, 11/29) \$15</p>
TUESDAY	<p>9:00am-10:00am: Exercise to Tape</p> <p>9:00am-11:00am: Games: Learn to Play: Beginner Bridge-<i>continues</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 (11/2, 11/9, 11/16, 11/23, 11/30) \$35</p> <p>11:00am-2:00pm: Games: Duplicate Bridge Group (Unsanctioned) <i>No Charge!</i></p> <p>1:00pm-3:00pm: Games: Scrabble, Hand and Foot (Card Game) </p> <p>2:00pm-3:00pm: Tai Chi for Seniors w/Rich (11/2, 11/9, 11/16, 11/23, 11/30) \$35</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: Games: Nickels & Dimes (<i>Bring \$5 or more worth of nickels and dimes</i>) (Now Every Wednesday!)</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 (11/10, 11/24) \$10/week (<i>incl. shoes, 2 games, pizza, coffee/soda</i>) Call the Center to sign up.</p> <p>1:15pm-2:15pm: Beginner Soul Line Dance w/ Mary & Frank (11/10, 11/17, 11/24) FREE </p> <p>1:00pm-3:00pm: Games: Poker, Euchre </p> <p>1:00pm-3:00pm: Knitting and Crocheting</p> <p>1:15pm-2:00pm: Beginner Tai Chi for Seniors w/ Rich (11/3, 11/10, 11/17, 11/24) \$28</p>
THURSDAY	<p>9:00am-10:00am: Exercise to Tape</p> <p>10:00am-11:30am: Chorus</p> <p>10:00am-12:00pm: Games: 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 \$5/class (<i>paid to instructor</i>) (11/4, 11/18) (Notice Updated dates)</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 (11/5, 11/12, 11/19) \$15</p> <p>9:00am-10:55am: Orchestra</p> <p>9:15am-12:00pm: Woodcarving</p> <p>10:00am-10:45am: Ballet Class (11/5, 11/12, 11/19) \$12</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 (11/5, 11/12, 11/19) \$15</p>

Things to know...

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

- ◆ **The Office for the Aging Daily Lunches are back!!**
Call in by noon the day before to reserve your meal! The Lunch Menu can be found online [HERE](#) or at the Center.
- ◆ We accept donations of and loan out to those in need of: **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 legal items? 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.**
- ◆ 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** are showing COVID symptoms, new or worsening: Cough; Trouble Breathing; Fever, Chills; Headache; Sore Throat; Loss of Taste or Smell?
- ◆ **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.
- ◆ Stop by for our **Election Day Bake Sale** on November 2nd. We need Bakers and Volunteers to work the Bake Sale!



The Southern Saratoga Art Society is proud to present a themed show, "NATURE" during *November and December* at the Clifton Park Senior Community Center. Artists and members of SSAS are participating in this show which features works of nature in many different mediums.

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



For more information about SSAS, visit:
southern-saratoga-artist.com

Thank you:

- ...to all the Basket Party Volunteers lead by our wonderful Shirley Roberts!
- ...to Anna Ipsen, registered dietician from Hannaford Supermarkets, for your wonderful presentation on eating to boost your immunity!
- ...to Home of the Good Shepard for bringing us a wonderful Halloween Bingo!
- ...to Coburg Village for the delicious and amazing dinner!
- ...to the volunteers who help make each and every one of our dinners happen!



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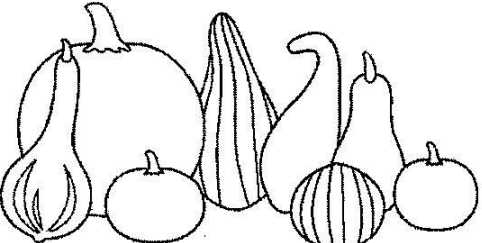
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homeofthegoodshepherd.com

**SARATOGA COUNTY OFFICE FOR THE AGING-November 2021
CONGREGATE & HOME DELIVERED MEALS 518-363-4020**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken w/Orange Glaze Sauce Brown Rice Broccoli Whole Wheat Dinner Roll Pears	2 Sloppy Joe Pasta Bake Peas Cauliflower Cornbread Yogurt	3 Hearty Beef Vegetable Soup Brussels Sprouts Whole Wheat Dinner Roll Oyster Crackers Warm Spiced Apples & Raisins	4 Meatloaf w/Gravy Mashed Potatoes Key Biscayne Vegetables Mandarin Oranges	5 Breaded Fish Home fries Peas & Carrots Tartar Sauce Whole Wheat Dinner Roll Pineapple Juice
8 Spanish Beef & Rice Casserole Carrots Spinach Cornbread Peaches	9 Herb Chicken w/Gravy Stuffing Butternut Squash Whole Wheat Dinner Roll Mandarin Oranges	10 Baked Fish w/Piccata Sauce Over Brown Rice Vegetable Trio Warm Berry Crisp	11 CLOSED 	12 Macaroni & Cheese Stewed Tomatoes Brussels Sprouts SF Chocolate Pudding
15 Creamy Chicken Vegetable Stew Broccoli Wax Beans Whole Wheat Dinner Roll Mandarin Oranges	16 Apple Glazed Pork Mashed Sweet Potato Cabbage Whole Wheat Dinner Roll Fruit Cocktail	17 Italian Style Meatloaf Garlic Mashed Potatoes Zucchini & Yellow Squash Peaches	18 Thanksgiving Special Roast Turkey w/Stuffing & Gravy Mashed Potatoes Butternut Squash Cranberry Sauce Whole Wheat Dinner Roll Pumpkin Pie 	19 Pasta Bake w/Meat Sauce Mixed Vegetables Cauliflower Oatmeal Raisin Cookie
22 Fish Florentine over Brown Rice California Blend Vegetables Warm Apple Cobbler	23 Whole Wheat Pasta Meatballs Green Beans Parmesan Cheese Pears	24 Birthday Special Five Spice Chicken Baked Sweet Potato  Beets Whole Wheat Dinner Roll Frosted Cake	25 CLOSED	26 CLOSED
29 Chili Brown Rice Wax Beans Fruit Cocktail	30 Baked Chicken w/Gravy Mashed Sweet Potatoes Vegetable Trio Whole Wheat Dinner Roll Oatmeal Raisin Cookie			

Menu Subject To Change

Coffee, Tea and Butter are served daily at sites. The suggested contribution is \$2 per meal. There is a \$8 fee for guests under the age of 60. Please make checks payable to: **Saratoga County Treasurer, c/o Saratoga County Office for the Aging, 152 West High Street, Ballston Spa, NY 12020**

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(518) 346-6935

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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.
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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.

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Clifton Park Senior Community Center
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(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 Mgmt 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 Ctr 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.