



Clifton Park Senior Community Center

December 2021—Monthly Newsletter

5 Year Anniversary Dinner



Thursday, December 16th  \$10.00 Members Only

Doors open at 4:30pm



Garden Salad
Homestyle Ham
Mashed Potatoes
Vegetable Medley
Apple Pie



Dinner Entertainment by: Ken Blatt



Dinner provided by:

MOM & POP'S CAFE

Where Great Food
Family and Friends
Come Together



Sponsored by:



Registration begins Wednesday, December 1st, in person only.

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

The Gather and Dine Program

(formerly the Congregate Dining Program)

NEEDS VOLUNTEERS TO ASSIST IN SERVING

CALL OFA AT 518-884-4100

~~~~~

### TO RESERVE YOUR MEAL:

Call in by Noon the day before at 383-1343. Menu can be found online [HERE](#) or at the Center.

Come by the Center **ALL MONTH LONG** for a **MINI BOOK SALE!**  
See more info inside!



**BREAKFAST with SANTA**

WEDNESDAY  
DECEMBER 15TH  
10:00 AM  
MEMBERS ONLY

He's Back!!



BRING A NONPERISHABLE BREAKFAST ITEM TO DONATE TO THE LOCAL FOOD PANTRY

## 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!**

### Upcoming Center Closings:

**Christmas Eve (observed):**  
(Center Closed at Noon)

Thursday, December 23

**Christmas Day (observed):**

Friday, December 24

**New Years Day (observed):**

Friday, December 31

**In inclement weather, we follow the Shenendehowa School District closings and delays.**

**If School is closed or delayed, we follow the same.**

# Clifton Park Senior Center Anniversary Week

## MONDAY DECEMBER 13TH

Come participate in and/or watch our Dance and Movement Groups!

- 9:00am:** Tap Dance
- 10:00am:** Chair Yoga
- 10:00am:** Jazz Dance
- 11:00am:** Clogging
- 1:15pm:** Soul Line Dancing



## TUESDAY, DECEMBER 14TH

**10:00am: Baking with Bev:**  
Apple Pie Demo **OR**  
Make & Take: \$5.00

**12:30pm: Food Around the World Potluck & "Back Porch Players" Live Entertainment**  
(bring your favorite dish to share)

For all activities, membership is required.

**Each day, we will have light refreshments in the lobby!**

Registration is required for all activities.

## WEDNESDAY, DECEMBER 15TH

**-Santa Day-**

**10:00am: Breakfast with Santa**  
Bring non-perishable breakfast items for the local food bank!  
*Sponsored by Snyder's and Jimmy's Egg*

**1:00pm: Holiday Cookie Decorating & Sing Along**  
*Sponsored by Dolce & Biscotti Italian Bakery*

## THURSDAY, DECEMBER 16TH

**10:00am: Make-your-own Christmas Tree Decorations**

**1:00pm: Happy Holidays Trivia Study Up!**

**4:30pm: Monthly Dinner "Anniversary Dinner" Live Entertainment**

## FRIDAY, DECEMBER 17TH

**-Our Anniversary!- Thank you to all of our members**

**10:00am:** Tap Dance Demo  
**12:30pm:** Sponsor, Advertiser, and Town Recognition  
**1:00pm:** Orchestra and Chorus Concert  
**Live Entertainment**

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

\*indicates membership not required

|                       |                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|-----------------------|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Every Day in December | 9:00am-4:00pm             | <b>Mini Book Sale:</b> CDs, DVDs and Jigsaw Puzzles FOR SALE! Pick up some wonderful Christmas gifts for the loved ones in your life!                                                                                                                                                                                                                                                                                                                                       |
| December 2            | 1:00pm                    | <b>*Chorus Concert:</b> Listen to your very own Senior Chorus in their yearly concert! <b>Reception to follow!</b>                                                                                                                                                                                                                                                                                                                                                          |
| December 2, 9, 16     | 12:00pm<br><i>Pick Up</i> | <b>CDPHP Box Lunches: Thursdays:</b> Come and enjoy your lunch here with your fellow members OR take a lunch to go! First 100 Senior Center Members.                                                                                                                                                                                                                                                                                                                        |
| Friday, December 3    | 12:15pm                   | <b>Lunch and A Movie: The Donny &amp; Marie 1978 Christmas Show</b> The spectacular snow packed mountains of Utah provide the stunning backdrop for this every special Donnie & Marie Christmas Show. Not seen since 1978, this special holiday show is packed full of classic Christmas songs, snowball fights, old-fashioned holiday spirit and of course, the hilarious hijinks that made every Donny and Marie show so much fun to watch. <b>(47 mins) \$3.00 Lunch</b> |
| Wednesday, December 8 | 11:30am                   | <b>*Music at the Center Featuring: Chuck Oakes &amp; The Acorns:</b> Bring a lunch or snack, and listen to music at the Senior Center! <b>FREE</b>                                                                                                                                                                                                                                                                                                                          |
| Wednesday, December 8 | 1:00pm                    | <b>Snowman Candle Craft w/ Judy:</b> \$2 cash supply fee paid at registration. Sample on display at the front desk. <b>Advanced Registration Required</b>                                                                                                                                                                                                                                                                                                                   |
| Friday, December 10   | 11:00am-12:00pm           | <b>*"Stress-Proof Your Brain:" Strategies for Minimizing and Managing Holiday Stress:</b> Prolonged stress can have a negative impact on both the brain and body. The holiday season can be a joyful time, but for many, the holidays can be stressful. Sheryl Kaplan will present recent findings on how stress affects the brain and share practical strategies and techniques for managing holiday stress.                                                               |
| Tuesdays in December  | 1:00pm                    | <b>Learn to Square and Round Dance w/ Shoe Leather Express:</b> Classes are Tuesdays at 1:00pm. <i>Space is limited. Advanced Registration Required</i> 12/7, 12/14, 12/21, 12/28 <b>\$28</b>                                                                                                                                                                                                                                                                               |
| Thursdays in December | 11:30am                   | <b>Modern Dance Classes:</b> Classes are Thursdays at 11:30am. <i>Space is limited. Advanced Registration Required</i> 12/2, 12/9, 12/16 <b>\$15</b>                                                                                                                                                                                                                                                                                                                        |

# Ongoing Activities...

|                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>MONDAY</b>    | <p>9:00am-10:00am: Tap Dance (12/6, 12/13) \$10</p> <p>10:00am-10:45am: Jazz Dance (12/6, 12/13) \$8</p> <p>10:00am-12:00pm: Discussion Group</p> <p>10:15am-11:15am: Chair Yoga w/Bonnie (12/6, 12/13) \$14</p> <p>11:00am-11:45am: Clogging Beginner (12/6, 12/13, 12/20) \$21</p> <p>12:00pm- 1:00pm: Clogging Intermediate (12/6, 12/13, 12/20) \$21</p> <p>12:30pm- 2:00pm: Games: Rummikub</p> <p>1:00pm- 2:00pm: Ukulele Group (12/13, 12/20)</p> <p>1:00pm- 3:00pm: Quilting Group (<i>every other week</i>) (December 13)</p> <p>1:15pm- 2:15pm: Soul Line Dancing w/ Mary &amp; Frank (12/6, 12/13, 12/20) \$15</p>                                                                                                                                   |
| <b>TUESDAY</b>   | <p>9:00am-10:00am: Exercise to Tape</p> <p>9:15am-10:15am: Yoga w/Deanna \$6 member/\$8 non-member <i>At the Center OR <a href="#">Join Zoom</a></i></p> <p>10:00am-12:00pm: Games: Dice (Dice 3000, LCR)</p> <p>10:15am-11:15am: Qi-Gong &amp; Tai Chi w/Bonnie (12/7, 12/14) \$14</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) <b>NEW</b></p> <p>1:00pm- 3:00pm: Square and Round Dancing w/ The Shoe Leather Express (12/7, 12/14, 12/21, 12/28) \$28 <b>NEW</b></p> <p>2:00pm- 3:00pm: Tai Chi for Seniors w/ Rich (12/7, 12/14, 12/21, 12/28) \$28</p>                                                                                         |
| <b>WEDNESDAY</b> | <p>9:00am-10:00am: Exercise to Tape</p> <p>9:30am-11:30pm: Investment Club - (<i>2nd &amp; 4th Wednesday</i>)</p> <p>10:00am-11:00am: Games: Nickels &amp; Dimes (<i>Bring \$5 or more worth of nickels and dimes</i>)</p> <p>10:00am-11:00am: Sing/Play Ukulele w/Ron <i>At the Center OR <a href="#">Join Zoom</a></i> For Song Sheets Click: <a href="#">Here!</a></p> <p>10:15am-12:00pm: Games: Social Bridge</p> <p>12:00pm- 2:00pm: Bowling at Spare Time (12/8, 12/22) \$10/week Call the Center to sign up.</p> <p>12:30pm- 2:30pm: Games: Euchre <b>NEW</b></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 (12/1, 12/8, 12/15, 12/22, 12/29) \$35</p> |
| <b>THURSDAY</b>  | <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 OR <a href="#">Join Zoom</a></i></p> <p>10:30am-12:30pm: Watercolors w/Mary Fekete \$5/class (<i>paid to instructor</i>) (12/2, 12/16)</p> <p>11:30am-12:30pm: Modern Dance w/ Beth Jacobs (12/2, 12/9, 12/16) \$15 <b>NEW</b></p> <p>1:00pm- 3:00pm: Games: Pinochle &amp; Mahjong</p>                                                                                                                                                                                                                                                                             |
| <b>FRIDAY</b>    | <p>9:00am-10:00am: Tap Dance (12/3, 12/10) \$10</p> <p>9:00am-10:55am: Orchestra</p> <p>9:15am-12:00pm: Woodcarving</p> <p>10:00am-10:45am: Ballet Class (12/3, 12/10) \$8</p> <p>10:00am-12:00am: Games: Dominoes</p> <p>12:30pm- 2:00pm: Games: Bingo (No Bingo Dec 17th)</p> <p>1:00pm- 2:30pm: Jewelry Making Class: <i>2nd Friday</i>—Beading 101 <b>and</b> <i>4th Friday</i>—Projects</p> <p>1:15pm- 2:15pm: Latin Line Dancing (12/3, 12/10, 12/17) \$15</p>                                                                                                                                                                                                                                                                                            |

## Things to know...

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

- ◆ **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.**
- ◆ We accept donations of and loan out to those in need of: **Wheelchairs and Seated Walkers!**
- ◆ **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: Cough; Trouble Breathing; Fever, Chills; Headache; Sore Throat; Loss of Taste/Smell **STAY HOME**
- ◆ **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 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:  
[southernaratogaartist.com](http://southernaratogaartist.com)



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Enhanced Assisted Living  
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**(518) 346-6935**

338954 SR

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Bringing New Life to Senior Living®



[brookdale.com](http://brookdale.com)

## Thank you:

*...to "Chuck Oakes and the Acorns" for the entertainment at our monthly Music at the Center.*

*...for all the donations and help from our volunteers. We made over 200 stockings for Operation Adopt-A-Soldier!*

*...to CDPHP for sponsoring our November Dinner*

*...to Mike, from Deets Catering for providing the wonderful November Dinner!*

*...to our wonderful Senior Volunteers for continuing to help the Center run smoothly*

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For information, call  
**(518) 641-3400 or 1-888-519-4455**  
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.

Capital District Physicians' Health Plan, Inc.  
CDPHP Universal Benefits,® Inc.



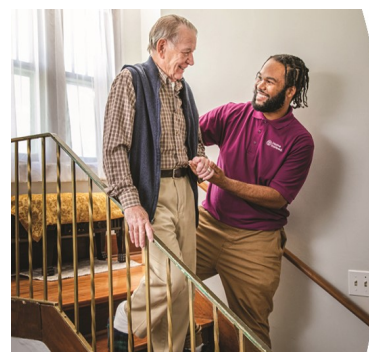
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Visit: [bsneny.com/medicare](http://bsneny.com/medicare)

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## The Witecki Law Office

8 South Church Street,  
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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 3<sup>rd</sup> 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 Senior Community Center**  
**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 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](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.



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.