

HAPPY★NEW★YEAR



Clifton Park Senior Center

January 2022—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

The Gather & Dine Daily Lunch Program

(Congregate Dining Program)

**NEEDS VOLUNTEERS
TO ASSIST IN SERVING**
CALL OFFICE FOR THE AGING AT
518-884-4100

TO RESERVE YOUR LUNCH:

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

Upcoming Center

Closings:

Martin Luther King Day:
Monday, January 17

President's Day:
Monday, February 21

**In inclement weather, we
follow the Shenendehowa
School District for
closings and delays.
If School is closed or delayed,
we follow the same.**

Dear Members,

Thank you to everyone who made our Five year Anniversary Celebration a success! Unfortunately, Covid continues to be a challenge and some of our events did not proceed as we originally planned. We appreciate everyone's cooperation and flexibility as we alter operating policies in response to changing conditions and mandates. During the last five years we have experienced a series of challenges, but as a community our resolve and determination has never wavered.

The Town has now operated the Center for five years. The initial days of the assumption of operational responsibility of the Center were very challenging and many people believed the facility would close. My satellite office became a room in the building and our team ensured the Center didn't close for one minute. We gradually worked through the issues that confronted us and the Center once again became a cultural and recreational asset in Clifton Park. Membership increased from 620 to 1400 prior to the pandemic. Sadly, we closed for a period of time during the pandemic, but again our team worked very hard to gradually return the Center to full operational strength.

The life, joy and spirit of the Center has continued to grow despite the challenges, due to our wonderful members and volunteers. You make the difference and You are why we enjoy serving everyone who visits the Center!

As we begin a New Year, let us remember the new friends we have met in 2021 and the dear people we have lost. Together we will make 2022 another successful year at the wonderful Clifton Park Senior Community Center.



Phil Barrett

Clifton Park Town Supervisor

THIS MAY BE YOUR LAST NEWSLETTER...



All memberships ended on December 31st 2021.
Renew Now to continue receiving your monthly
Newsletter and to keep up to date on our
many activities & special events.

Contact the Center or stop by for more information.



**Renew Your Membership for
2022 today!**

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

*indicates membership not required

Friday, January 7	12:00pm	Ring in the New Year: Bring your noisemakers and kick-off 2022 the right way! Come have the <i>Gather and Dine Lunch Program</i> and enjoy some excellent entertainment by “The Back Porch Players” at 12:30pm. Reservations for lunch are required 24h in advance.
Tuesday, January 11	11:30am	Duplicate Bridge: Sanctioned—weekly beginning January 11 \$7/wk. Pre-register with Terry Bentley at terrybentley77@gmail.com You will need proof of Covid vaccine to play. Masks are also necessary.
Friday, January 14	1:00pm	Jewelry Making Class: Eye Glass Holder/Lanyard: Register in Advance. \$2 supply fee paid at time of registration. Sample on display at the front desk.
Wednesday, January 26	12:00pm	Birthday Celebration: Have a meal with the <i>Gather and Dine Lunch Program</i> and celebrate everyone’s January Birthdays! Reservations for lunch are required 24h in advance.
Friday, January 28	12:15pm <i>(Note new start time)</i>	Popcorn and a Movie: Susan Slept Here Screenwriter Mark Christopher gets a Christmas present that isn’t on his Santa list: a 17-year-old delinquent named Susan, deposited in his bachelor pad by a cop pal who doesn’t want to see the kid spend Christmas behind bars. Touched by Susan’s plight, Mark decides there’s only one way to keep her out of juvie: marry her in name only and get an annulment when she comes of age. But after a Vegas elopement, Susan isn’t sure she wants to be the ex-Mrs. Christopher. Starring Dick Powell and Debbie Reynolds. 98 Mins FREE We’ll bring the popcorn.


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.

For Existing Members, a new Membership Application is not necessary.
If you know someone interested in having fun, they can stop in for a tour!



6 Clifton Common Court
Clifton Park, New York 12065
518-383-1343

Clifton Park Senior Community Center 2022 Membership Application - \$20.00/Year

Last Name		First Name		Middle	Sex
Address				Email:	
Medical issues you would like us to be aware of:					
Date of Birth		Home Phone #		Cell Phone #	
Emergency Contact Name			Relation		Emergency Contact Phone #
Alternate Emergency Contact Name			Relation		Alt. Contact Phone #
How did you hear about the Center?					
How would you like to receive your newsletter? <input type="radio"/> Emailed <input type="radio"/> Picked up at Center <input type="radio"/> No thank you					
I hereby authorize the Clifton Park Senior Community Center to publish the photographs taken of me for use in the Center’s printed publications and website. I understand that my Membership will end on 12/31/2022.					
I agree to follow the Center’s Code of Conduct that is posted in the lobby.					
Signature _____				Date _____	
over 					

MONDAY	<p>9:00am-10:00am: Tap Dance (1/10, 1/24, 1/31) \$15</p> <p>10:00am-10:45am: Jazz Dance (1/10, 1/24, 1/31) \$12</p> <p>10:00am-12:00pm: Discussion Group</p> <p>10:00am-11:00am: Chair Yoga w/Bonnie (1/10, 1/24, 1/31) \$21 (NOTICE NEW START TIME)</p> <p>11:00am-11:45am: Clogging Beginner (1/3, 1/24, 1/31) No Class 1/10 and 1/17 \$21</p> <p>12:00pm- 1:00pm: Clogging Intermediate (1/3, 1/24, 1/31) No Class 1/10 and 1/17 \$21</p> <p>12:30pm- 2:00pm: Games: Rummikub</p> <p>1:00pm- 2:00pm: Ukulele Group (1/3, 1/10, 1/24, 1/31)</p> <p>1:00pm- 3:00pm: Quilting Group (<i>every other week</i>) (January 10 & January 24)</p> <p>1:15pm- 2:15pm: Soul Line Dancing w/ Mary & Frank (1/3, 1/10, 1/24, 1/31) \$15</p>
TUESDAY	<p>9:00am-10:00am: Exercise to Tape</p> <p>9:15am-10:15am: Yoga w/Deanna \$6 member/\$8 non-member At the Center 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 (1/11, 1/18, 1/25) \$21</p> <p>11:00am- 2:00pm: Games: Duplicate Bridge Group–Sanctioned \$7/week (Beginning January 11th) NEW</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 (1/4, 1/11, 1/18, 1/25) \$28</p>
WEDNESDAY	<p>9:00am-10:00am: Exercise to Tape</p> <p>9:30am-11:30pm: Investment Club - (<i>2nd & 4th Wednesday</i>)</p> <p>10:00am-11:00am: Sing/Play Ukulele w/Ron At Center OR *NEW* Google Meet HERE For Song Sheets click: Here!</p> <p>10:00am-12:00pm: Games: Nickels & Dimes (<i>Bring \$5 or more worth of nickels and dimes</i>)</p> <p>10:15am-12:00pm: Games: Social Bridge</p> <p>12:00pm- 2:00pm: Bowling at Spare Time \$10/week Call the Center to sign up. *NEW!! EVERY WEEK*</p> <p>12:30pm- 2:30pm: Games: Euchre NEW</p> <p>1:00pm- 3:00pm: Games: Poker</p> <p>1:00pm- 4:00pm: Knitting and Crocheting</p> <p>1:15pm- 2:00pm: Beginner Tai Chi for Seniors w/ Rich (1/5, 1/12, 1/19, 1/26) \$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 At the Center OR Join Zoom</p> <p>10:30am-12:30pm: Watercolors w/Mary Fekete \$5/class (<i>paid to instructor</i>) (1/13, 1/27)</p> <p>1:00pm- 3:00pm: Games: Pinochle & Mahjong</p> <p>1:00pm- 2:00pm: MVP Bokwa Dance Moves (January 13– March 17) NEW</p>
FRIDAY	<p>9:00am-10:00am: Tap Dance—<i>Advanced</i> (1/14, 1/21, 1/28) \$15</p> <p>9:00am-10:55am: Orchestra</p> <p>9:15am-12:00pm: Woodcarving</p> <p>10:00am-10:45am: Ballet Class (1/14, 1/21, 1/28) \$12</p> <p>10:00am-12:00am: Games: Dominoes</p> <p>12:30pm- 2:00pm: Games: Bingo</p> <p>1:00pm- 2:30pm: Jewelry Making Class: <i>2nd Friday and 4th Friday</i></p> <p>1:15pm- 2:15pm: Latin Line Dancing (1/7, 1/14, 1/21, 1/28) \$15</p>

Thank you...

We would like to extend a thank you to the many local businesses who offered gift cards, gifts & food items during our December celebrations at the Center.

2021 December Donations:

Market 32: 1018 NY-146, Clifton Park

Snyder's: 1717 Route 9, Clifton Park

Jimmy's Egg: 5 Clifton Country Rd, Clifton Park

Pepperidge Farms

Ravenswood: 1021 NY-146, Clifton Park

30 Park: 30 Clifton Country Rd, Clifton Park

Target: 26 Crossing Blvd, Clifton Park

Walmart: 1549 Route 9, Clifton Park

Hoffman Car Wash: 1672 U.S. 9, Clifton Park

Halfmoon Diner: 231 Grooms Rd, Clifton Park

Peddlers Bar and Bistro: 16 Old Rte 9, Clifton Park

Edible Arrangements: 54 Crossing Blvd, Clifton Park

Trader Joe's: 3 Halfmoon Crossing, Clifton Park

J&S Watkins Desserts: 1675 U.S. 9, Clifton Park

Savemore Beverage: 1512 U.S. 9, Clifton Park

Halfmoon Wine & Liquor: 1471 U.S. 9 #101, Clifton Park

Divinitea: 1604 U.S. 9, Clifton Park

Cracker Barrell: 4 Tower Way, Clifton Park

Jack's Liquor: 1028 NY-146, Clifton Park

Parkwood Wines & Spirits: 1758 U.S. 9, Clifton Park

Spare Time Clifton Park: 1668 U.S. 9, Clifton Park

Mr. Subb: 4100 54 Crossing Blvd, Clifton Park

Grecian Gardens: 1612 U.S. 9, Clifton Park

Sorrentino's Deli & Market: 241 Grooms Rd, Clifton Park

Exit 9 Wine & Liquor: 9 Halfmoon Crossing, Clifton Park

Red Robin Burgers: 1 Halfmoon Crossing, Clifton Park

Harvest Moon Market: 1512 U.S. 9, Clifton Park

Ted's Fish Fry: 1663 U.S. 9, Clifton Park

Highmark BlueShield of Northeastern New York for sponsoring our Holiday/Anniversary Dinner. Thank you to Mom & Pop's Cafe for preparing a great meal! We would also like to thank Starpoint Church for the help serving our seniors and to Ken Blatt for providing us with entertainment throughout our dinner.

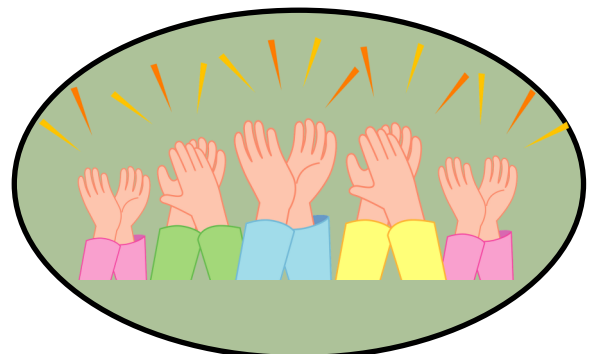


MOM & POP'S CAFE

Where Great Food
Family and Friends
Come Together



As always, a continued thanks to our valuable Center volunteers for your assistance with working at the Front Desk, handing out the Box Lunches, our Potluck Luncheon, Breakfast with Santa, Holiday/Anniversary Dinner and our many other center activities!



Winter is coming!!! Are you looking for something new to try?





Would you like to meet new people, enjoy a delicious noon time meal provided by Mazzone's Hospitality?

Did you know that Saratoga County Office for the Aging's Gather & Dine program is now open!!!

This program is free to any individual 60 or over, but all are welcome to come dine.

Call the Center by noon the day before to make your reservation 518-383-1343.

SARATOGA COUNTY OFFICE FOR THE AGING-January 2022
CONGREGATE & HOME DELIVERED MEALS 518-363-4020

Monday	Tuesday	Wednesday	Thursday	Friday
3 Fish Florentine over Brown Rice California Blend Vegetables Yellow Squash Oatmeal Raisin Cookie	4 Whole Wheat Pasta w/Meatballs Mixed Vegetables Spinach Parmesan Cheese Applesauce	5 Five Spice Chicken Mashed Sweet Potato Beets WW Dinner Roll Mandarin Oranges	6 Turkey W/Gravy over Stuffing Broccoli Butternut Squash Peaches	7 New Year's Special Meat & Cheese Lasagna Peas & Onions Italian Blend Vegetables WW Dinner Roll Frosted Confetti Cake 
10 Chili Spinach Key Biscayne Vegetables Cornbread Fruit Cocktail	11 Baked Chicken w/Gravy Cubed Sweet Potato Vegetable Trio WW Dinner Roll SF Chocolate Cookie	12 Roast Pork w/Gravy over Mashed Potatoes Brussels Sprouts Carrots WW Dinner Roll Applesauce	13 Italian Stew Brown Rice Green Beans SF Pudding	14 Veggie Breakfast Sausage French Toast Strata w/SF Syrup Home fries Pears Orange Juice
17 CLOSED 	18 Baked Fish w/Tarragon Sauce Oven Browned Potato Mixed Vegetables Yogurt	19 Hot Turkey Sandwich Butternut Squash Broccoli Fruit Cocktail	20 Chicken Divan over Brown Rice Peas Carrots Pears	21 Roast Beef w/Gravy over Mashed Potatoes Vegetable Trio Corn Applesauce
24 Chicken w/Orange Glaze Sauce over Brown Rice Capri Vegetables Spinach WW Dinner Roll Pineapple	25 Sloppy Joe Pasta Bake Peas Cauliflower Cornbread Yogurt	26 Birthday Special Hearty Beef Vegetable Soup Brussels Sprouts Yellow Squash WW Dinner Roll Oyster Crackers Frosted Cake 	27 Fiesta Meatloaf Red Bliss Potatoes Mexican Corn Mandarin Oranges	28 Breaded Fish on Whole Wheat Bun Tartar Sauce Home Fries Peas & Carrots Banana
31 Baked Fish w/Picatta Sauce Over Brown Rice Key Biscayne Vegetables Brussels Sprouts WW Dinner Roll Peaches				

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

Class Showcase

Ballet: With Janet Murphy

Learn the classical movements, positions and dances of ballet. Warm up before each class with stretching and moves that parallel osteoporosis exercise for building bone and increasing balance.

Beginner Tai-Chi /Tai-Chi for Seniors: With Rich Martin

This adaptation of Tai Chi presents participants with an easy to follow set of warm-up exercises and Tai Chi postures that can be performed entirely while seated. This class is appropriate and helpful for individuals using a walker or wheelchair.

Bocce:

All are welcome, no experience necessary. The goal of bocce is to throw your bocce balls closer to the Pallino than your opponent. Players throw and roll their balls in turn until all 8 balls have been thrown at the Pallino and the score is counted. First team to 11 points wins.

Bokwa Dance Moves: with MVP Healthcare

Africa's answer to Zumba! This energizing cardio routine uses the shape of letters and numbers for dance steps set to the sounds of African, Caribbean, Latin, and American music. Bokwa Dance is a fun, easy fitness program for all ages and fitness levels!

Bowling:

No experience necessary! \$10 paid at Spare Time, 1668 Route 9, CP. This includes 2 games, shoes, 2 slices of pizza, and soda. Call the Center & sign up today!

Chair Yoga: With Bonnie Furlong

Chair Yoga is tailored for participants with cardiac or other chronic medical conditions or those who would like a gentle exercise program. The chair replaces the yoga mat and becomes an extension of your body allowing you to take full advantage of yoga's amazing fitness and health potential.

Clogging: With Fran Beaudoin

Clogging is not hard to learn and it is so much fun! As a beginner, remember, all cloggers started the same way. The class atmosphere is very comfortable, and you won't be made to feel shy or intimidated. The basic steps are reviewed each week; after that, the rest will come easily. If you've been involved in line dancing and are familiar with counting time in music, then you should be even more comfortable in learning to clog.

Exercise to Tapes:

Participants follow the movements of people on a large screen doing various upper- and lower- body exercises. The program is designed to accommodate all levels of strength and ability. There are no floor exercises but some use of light weights is optional.

Golf:

We have an active Golf League that plays at the Town's Par 3 course on Barney Road. We are currently looking for new golfers (singles and couples) to join the mixed Clifton Park Senior Community Center Golf League.

Healthy Bones:

The exercise program consists of weight-bearing exercises, muscle strengthening, flexibility, posture training and balance exercises. These exercises along with a healthy diet rich in calcium and vitamin D have been shown to help maintain and improve bone health. This is a low-impact program, using both hand and leg weights which are provided here.

Jazz Dance: With Janet Murphy

This jazz class will build confidence, self-expression and motivation while dancing to hot jazz tunes. Many jazz warm-up steps parallel osteoporosis exercise for building bone and increase balance.

Latin Line Dance: With Ray and Mark Nunez

Try our fun Latin Line dancing classes with sizzling hot Latino Beats and Rhythms Cha-Cha, Salsa, Rumba & more.

Qi-Gong and Tai-Chi: With Bonnie Furlong

Tai Chi or "Chinese Shadow Boxing" is an ancient art consisting of slow, graceful and rhythmic movements. In this class you will begin learning one of the most concise and shortest of the many styles of Tai Chi taught throughout the world. This is known as 'Beijing 24 form' or Yang style 'Short Form'. The emphasis is on building health, balance, improved coordination and a calm state of mind.

Soul Line Dance: With Frank & Mary Colby

Soul Line Dancing is choreographed dancing to Motown, R&B or pop music. We use music such as: The Temptations; Michael Jackson; and even Elvis and Frank. We teach easy to learn routines, but we encourage individuality and creating your own interpretation. It's "Exercise in Disguise" and a great stress reducer. It can be done by men and women of all ages and no partner needed. You don't need any dance experience, but it is helpful to be able follow some basic dance steps without detailed instruction.

Tap Dance: With Janet Murphy

This class welcomes various experience levels to learn tap dancing while having fun and getting exercise. Many steps are tailored to well-loved Broadway-themed songs.

Yoga: With Deanna Seabridge

This gentle Yoga class focuses on correct alignment for safety & stability, coordination of breath with movement, breathing exercises for mindfulness & focus and relaxation/meditation for a greater sense of well-being.

Class Showcase

Chorus:

Our group of happy singers practice popular songs that are performed at senior centers and nursing homes. We welcome new and enthusiastic voices. No experience necessary - just a willingness to smile and enjoy the adventure of bringing joy to our audiences.

Discussion Group:

Got something on your mind? Come share it with our friendly, non-judgmental group. We welcome everyone's ideas.

Duplicate Bridge:

Bridge is a great way to energize your mind. It is a thinking game and every hand is different. This is a sanctioned game offering Masterpoints to the players who happen to win. Because it is sponsored by the ACBL there will be a charge to play in the game.

Games:

- ◆ Bingo
- ◆ Dominoes
- ◆ Mahjong
- ◆ Pinochle
- ◆ Rummikub
- ◆ Dice Games
- ◆ Scrabble
- ◆ Hand & Foot
- ◆ Nickels & Dimes
- ◆ Poker

Game Room:

- ◆ Billiards
- ◆ Darts
- ◆ Air Hockey
- ◆ Ping Pong
- ◆ And various other games...

Investment Club:

The club is dedicated to educating the partners in security evaluation and investment through periodic contributions by the partners for their mutual long term benefit. All are welcome.

Jewelry Making:

No Experience Necessary! Beads & tools available. The Creative Jewelry Making class meets every other week on an informal basis, for our own creations. All are welcome.

Knitting and Crocheting:

Our knitting group is not only a wonderful resource for those learning how to knit, but also a place to talk and make friends. We are always looking for more folks to knit or crochet.

Orchestra:

We are always looking for people who play, or have played, a musical instrument. Concerts are performed throughout the year.

Quilting:

Our quilting group meets bi-weekly to work on individual projects as well as a collaborative project that they donate to causes locally. Experience is needed, but we will work with you to help you learn even more!

Social Bridge:

Interested in becoming a better Bridge Player, but don't like a lot of pressure? We want people who know the fundamentals of the game, but would like to improve. We talk during our games, both about the bidding and playing of the hands.

Ukulele: With Ron Whitford

Come and join us for a Ukulele Sing-A-Long. Play the Ukulele and sing popular songs from 1910 to the 1990's.

Watercolors: With Mary Fekete

Have you ever wanted to learn how to paint with watercolors? Mary will walk you through each step of the process, from sketching to picking out colors to making each watercolor scene uniquely yours.

Woodcarving: With Bill McCormack

We are an active group of women and men who are engaged in all types of woodworking. All you need is an interest in taking up woodcarving and socializing with a group of people who get so much out of what they do. No prior experience necessary. If you have the time, they will share their time to help you on your way.

Pre-registration is required for most programs. If there is a fee, payment is made upon registration.



Award winning artist Karen Woodin will exhibit in a One Woman Show entitled "Moment in Time & Place Collection" during January & February, 2022. As an educator, Karen regularly provides online or in-person workshops/demonstrations for the Capital Region. Her works often capture a sense of place and moment in time through the effective communications of color, texture and composition with a delicate handling of details and water reflections.

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



For more information about SSAS, visit:
southernsaratogaartist.com



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU HAVE A DAY AT THE YMCA

Clifton Park Senior Community Center – Monthly Open House at The Y SOUTHERN SARATOGA YMCA

Come enjoy an open house at the Southern Saratoga YMCA **every 1st and 2nd Wednesday of the month**. We have many services to enjoy on Wednesdays.

- Social luncheons, Chair yoga, Aqua aerobics, Pickleball and much more.

Feel free to contact us with any questions. **Just show your valid Clifton Park Senior Community Center membership card for access.**

WHEN: Every 1st and 2nd
Wednesday of each month

HRS OPEN: Monday - Thursday: 5am - 9pm
Friday: 5am - 7pm
Saturday: 8am - 4pm

LOCATION: SOUTHERN SARATOGA YMCA
1 Wall Street
Clifton Park, NY 12065
518-371-2139
www.cdymca.org



COVID INFO

- ◆ **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**
- ◆ We have a **COVID TESTING SITE** in Saratoga County. If you or someone you know needs to be tested, you can get a **FREE COVID TEST** in Malta. Click [HERE](#) for the website.
- ◆ New **Booster Clinics** are constantly being scheduled all around Saratoga County. To sign up, visit www.saratogacountyny.gov and find the clinic that works for you **or** call **518-693-1075**.

ADDITIONAL THINGS TO DO...

- ◆ **Our Game Room is open every day:** play darts, air hockey, billiards, ping pong, board games, and more!
- ◆ We have an active **Widow's Group**. They meet each Friday for lunch! Any widow or widower is welcome to join. Call Pat: 518-557-2284.

SERVICES FOR YOU

- ◆ **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.
- ◆ **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.
- ◆ ***AARP Tax Preparation*** program at the Senior Center will begin in early February. The Senior Center will begin taking appointments in the middle of January. Due to the pandemic, a major portion of the tax preparation process will be done with limited in person contact. Further instructions will be included when appointment is made.
- ◆ We accept donations of and loan out to those in need of: **Wheelchairs and Seated Walkers!**
- ◆ **~BOOKS~** We are collecting books again, so bring in your gently used books today. Keep an eye out for our **Book Sale** coming in the Spring.
- ◆ We continually update this newsletter with new activities and announcements. Please check the website frequently for these updates: [HERE](#)

We would like to extend a Thanks to ALL of our sponsors for continuing to support the Senior Center and the creation of the Newsletter. There is no way we could do any of this without the help and support of: Berkshire Hathaway Blake Realtors, Brookdale Senior Living Solutions, Capital Bank, CDPHP, Coburg Village, Eddy Senior Living Communities, Highmark BlueShield of NENY, Home Instead Senior Care, Home of the Good Shepard, Kingsway Community, Marshall Associates, Peregrine Senior Living, Ravenswood, Sonya Chandler, Townley & Wheeler, Witecki Law Office, Zohn Insurance, and the many others that have Advertised or Sponsored the Senior Center in the past.

Support our Advertisers when you can...Let them know you appreciate their ad!

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SonyaAChandler@gmail.com

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Many senior living residences stand alone.

KingswayCommunity stands out.

Kingsway Community is family-owned and operated for over 45 years. Our dedicated professionals have decades of experience providing care, support, comfort, nutrition, security and peace of mind. Comprehensive senior living and healthcare, all on one campus, provides support and peace of mind as needs change.

That's the Kingsway difference.

518-393-8800
kingswaycommunity.com

**Skilled Nursing | Rehabilitation | Assisted Living
 Memory Care | Senior Apartments | Home Care**



"You said we'd love this place, and of course we do! The services are wonderful, the food divine, and we are so glad to be here." -Helen & Bob

We offer Independent Living for active seniors and Assisted Living and Memory Care for seniors who need a little extra help.



SIX EXCEPTIONAL COMMUNITIES LOCATED IN:

- Niskayuna - Glen Eddy • Latham - Marjorie Doyle Rockwell Center
- Troy - Beechwood at Eddy Memorial • East Greenbush - Eddy Hawthorne Ridge
- Queensbury - The Glen at Hiland Meadows • Slingerlands - Beverwyck



A PARTNER YOU CAN TRUST

(518) 280-8385 • EddySeniorLiving.com



The Best is Yet to Come!

Discover your maintenance-free, independent life.

Coburg Village is a 55+ rental community featuring beautifully appointed, spacious cottages and one- and two-bedroom apartments. Enjoy countless social and cultural activities, chef-prepared dining, housekeeping services, scheduled transportation ... and much more!

Schedule your tour today. Call (518) 371-5000.



One Coburg Village Way | Rexford, NY 12148 | CoburgVillage.com

A TRADITION OF SUPERIOR CARE IN
*Assisted Living &
 Enhanced Assisted Living*

*A Choice Instead
 of a Nursing Home*

Our Enhanced Living Offers:

- Physical assistance with ambulation and transferring
- Assistance with ADL's including: bathing, showering and feeding
- Medication management and skilled nursing tasks
- Blood Glucose Monitoring
- Catheter/Foley Care



Home of the
Good Shepherd

MALTA 26 Rock Rose Way Malta, NY (518) 581-2800	MOREAU 198 Bluebird Rd. Moreau, NY (518) 792-1000	SARATOGA 400 Church Street Saratoga Springs, NY (518) 450-7360	WILTON 60 Waller Rd. Wilton, NY (518) 580-0702
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homeofthegoodshepherd.com

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Special Thanks to CDPHP for the golf sponsorship and the weekly Box Lunch donations throughout 2021.

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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.

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The Witecki Law Office

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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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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 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.