



Clifton Park Senior Center

February 2022—Monthly Newsletter

**NO DINNER IN
FEBRUARY**

Sorry!!!

Out of an abundance of caution and due to the rising COVID numbers, we will NOT be having our regularly scheduled February "Snow Ball" Dinner. However, this just means that we will need to make our March Dinner even better than ever!

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

TO RESERVE YOUR LUNCH:

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

Wish List

Have things at home that you are not using?

We would love: Books (*like new*), Large Outdoor Table Umbrellas, Freezer, Old Mahjong Cards

"A Chance Encounter" Valentines Day Party

**FEBRUARY 14TH
AT 12:30PM**

.....
Snacks will be served.

Please bring a \$1 Lottery ticket to be added to the "Lottery Tree" and receive a *Chance* toward a drawing for all of the tickets on the Lottery Tree. Register in advance as space is limited.

Bring your own cards or use some of ours: Pinochle, Phase 10, Euchre, Uno, Hand and Foot, Poker, Canasta, etc.

Card Party

Upcoming Center

Closings:

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.

THE AARP TAX PROGRAM IS BACK!

TaxAide, the free income tax assistance program sponsored by AARP Foundation and the IRS, will be offering free income tax services again this year! Appointments can be scheduled beginning on January 24th. All appointments must be made in person at the front desk. We will provide you with a packet of important information that will ensure a new process being implemented is as smooth as possible!



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

*indicates membership not required

Wednesday, February 9	10:00am	Crafts: Spring Holiday Wreaths \$5 cash supply fee paid at registration. Sample on display at the front desk. Advanced Registration Required
Thursday, February 10	1:00pm	* EEE: Under the Umbrella Do you need help around the house? Would you be interested in helping others with household tasks? If the answer to either question is yes then plan to join Umbrella of the Capital District founder, Ron Byrne. Find out how the program works, what it costs, and how you can get involved, whether you need help or you want to help others seniors maintain their homes and independence.
Friday, February 11	1:00pm	Jewelry Making Class: Zipper Pull and/or Key Chain \$2 cash supply fee paid at registration. Sample on display at the front desk. Register in advance as space is limited.
Monday, February 14	12:00pm	* Valentines Day Celebration Have a meal with the <i>Gather and Dine Lunch Program</i> and celebrate Valentine's Day. Reservations for lunch are required 24h in advance.
Monday, February 14	12:30pm	Valentine Card Party and Game Day Bring your own cards or use some of ours: Pinochle, Phase 10, Euchre, Uno, Hand and Foot, Poker, Canasta, etc. Snacks will be served. Also, please bring a \$1 lottery ticket to be added to the lottery tree and receive a raffle ticket toward a drawing for ALL of the tickets on the Raffle Tree. Register in advance as space is limited.
Wednesday, February 23	12:00pm	* Birthday Celebration: Have a meal with the <i>Gather and Dine Lunch Program</i> and celebrate everyone's February Birthdays! Reservations for lunch are required 24h in advance.
Wednesday, February 23	12:30pm	* EEE: Learn about Care Links What can they do for me? Care Links is a proud program of CAPTAIN Community Human Services. They help to keep people living independently in their homes as long as possible.
Friday, February 25	12:15pm <i>(Note new start time)</i>	Popcorn and a Movie: Nights in Rodanthe Richard Gere is Paul, a surgeon who long ago unwittingly traded family for career. Diane Lane is Adrienne, a devoted mother trying to move on after her husband's infidelity and struggling with his desire to return to their marriage. At a remote inn on the Outer Banks, Paul and Adrienne expect to do some serious soul searching. But an approaching storm forces each to turn to the other for strength, setting the stage for a life-resonating romance. FREE We'll bring the popcorn.
Tuesday, March 8	1:00pm— 3:00pm	* Shoe Leather Express Square Dancing with Elaine and Dennis: Free Class March 8th Register in advance as space is limited. Regular weekly classes to follow. March 15, 22, 29 \$7 per class pay the instructor weekly

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.

TRIPS TRIPS TRIPS TRIPS

- ◆ **Thursday, April 7:** Lunch & A Show: "Aging Disgracefully" at the Carriage House in West Springfield, MA
- ◆ **Wednesday, May 18:** Lunch & A Show with Rich Wilson: Actor, Comedian, and Singer at the Riverview Inn in PA
- ◆ **Thursday, June 9:** Lunch & A Show: Corvette's Doo-Wop Revue Lobsterfest at the Log Cabin in Holyoke, MA



MONDAY	<p>9:00am-10:00am: Tap Dance (2/7, 2/14, 2/28) \$15</p> <p>10:00am-10:45am: Jazz Dance (2/7, 2/14, 2/28) \$12</p> <p>10:00am-12:00pm: Discussion Group</p> <p>10:00am-11:00am: Chair Yoga w/Bonnie (2/7, 2/14, 2/28) \$21</p> <p>11:00am-11:45am: Clogging Beginner (2/7, 2/14, 2/28) \$21</p> <p>12:00pm- 1:00pm: Clogging Intermediate (2/7, 2/14, 2/28) \$21</p> <p>12:30pm- 2:00pm: Games: Rummikub</p> <p>1:00pm- 2:00pm: Ukulele Group (2/7, 2/14, 2/28)</p> <p>1:00pm- 3:00pm: Quilting Group *NOW WEEKLY!*</p> <p>1:15pm- 2:15pm: Soul Line Dancing w/ Linda (2/7, 2/14, 2/28) \$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 on Last Tuesday)</p> <p>10:15am-11:15am: Qi-Gong & Tai Chi w/Bonnie (2/1, 2/8, 2/15) \$21</p> <p>11:30am- 3:00pm: Games: Duplicate Bridge Group--Sanctioned \$7/week</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 (2/1, 2/8, 2/15, 2/22) \$28</p>	
WEDNESDAY	<p>9:00am-10:00am: Exercise to Tape</p> <p>9:30am-11:30pm: Investment Club - (2nd & 4th Wednesday)</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 (Bring \$5 or more worth of nickels and dimes)</p> <p>10:00am-12:00pm: Games: Social Bridge</p> <p>12:00pm- 2:00pm: Bowling at Spare Time \$10/week Call the Center to sign up.</p> <p>1:00pm- 3:00pm: Games: Poker, Canasta NEW</p> <p>1:00pm- 4:00pm: Knitting and Crocheting</p> <p>1:15pm- 2:00pm: Beginner Tai Chi for Seniors w/ Rich (2/2, 2/9, 2/16, 2/23) \$28</p>	<p>Come enjoy an open house at the Southern Saratoga YMCA every 1st and 2nd Wednesday the of the month!</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 (paid to instructor) (2/10, 2/24)</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—Advanced (2/4, 2/11, 2/18, 2/25) \$20</p> <p>9:00am-10:55am: Orchestra</p> <p>9:15am-12:00pm: Woodcarving</p> <p>10:00am-10:45am: Ballet Class (2/4, 2/11, 2/18, 2/25) \$16</p> <p>10:00am-12:00am: Games: Dominoes/Mexican Train</p> <p>12:30pm- 2:00pm: Games: Bingo</p> <p>1:00pm- 2:30pm: Jewelry Making Class: 2nd Friday and 4th Friday</p> <p>1:15pm- 2:15pm: Latin Line Dancing (2/4, 2/11, 2/18, 2/25) \$15</p>	



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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



Things to know...

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 PCR 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**.
- ◆ Saratoga County Public Health is **offering vaccines for HOMEBOUND AND ELDERLY**. Call **518-693-1075**
- ◆ **Four Free Home Tests:** covidtests.gov Order today
- ◆ Most insurance companies will pay for up to **8 COVID tests a month! Ask your Insurance Company!**

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.

- ◆ **Ping Pong, Air Hockey, Darts, Board Games: Want to Play? Need a partner to play?** - Signup sheets are located in the game room.
- ◆ Have a talent that you would like to share? Would you like to teach us? **Call Sue!**

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](#)

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

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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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The Witecki Law Office

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

Welcome back after a very difficult year!!!

Glenn Witecki has resumed 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!

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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
- ◆ Mexican Train
- ◆ Mahjong
- ◆ Pinochle
- ◆ Rummikub
- ◆ Dice Games

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 on Monday afternoons, except on Holidays. Some sewing experience is useful, and beginners are welcome. Our projects are made using fabric donations, and are then donated to charitable organizations.

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.



Got your Booster Shot??

Let us know so we can update our records to keep folks safe!





Clifton Park Senior Community Center
 6 Clifton Common Court
 Clifton Park, NY 12065
 (518) 383-1343

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Town Staff Directory

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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 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.