



Clifton Park Senior Center

May 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

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,
Chest Freezer, Old Mahjong Cards,
and Throw Pillows

Upcoming Center

Closings

Memorial Day:

Monday, May 30th

May Dinner

Wednesday, May 11th
Doors open at 5:00pm

\$10 Members Only

Presented by:



Eddy Senior Living

ST PETER'S HEALTH PARTNERS

Spring Onion Soup

Rolls & Butter

Balsamic Grilled Pork Tenderloin

Tri-color Roasted Carrots

Duchess Potatoes

Lucious Lemon Tart

Dinner Sign-ups begin on Monday, May 2.

**GARAGE
SALE**

INDOOR Antique - Flea Market - Garage Sale

Clifton Park Senior Community Center

Saturday, June 4th from 9am - 3pm

CALLING ALL MEMBERS!!!

Take this opportunity to sell your items at this one day event. \$10 deposit
required to reserve an 8ft table. Deposit will be refunded on the day of the
event, to all participating members. One table per household.

Advanced registration begins on May 2nd. Space is limited.

**SALE IS
OPEN TO THE
PUBLIC!**

EDUCATE 

Entertain



EXPLORE

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

*indicates membership not required

Wednesday, May 4	11:00am	Guest Crafter: Flower Pens: \$2 cash supply fee paid at registration. Sample on display at the front desk. Register in advance as space is limited.
Wednesdays in May	1:00pm	*Learn to Play: Euchre OR Mahjong: Four-week program. Pre-registration required. May 4th, 11th, 18th, and 25th.
Monday, May 9	11:30am	Mother's Day Lunch & Bingo: Celebrate Mother's Day with Finger Sandwiches and Bingo! Pre-registration required. Only \$2.00 per person. Special thanks to Market 32 for donations!
Monday, May 9	1:00pm	*Blood Pressure Clinic: Please join Clifton Park Halfmoon EMS for a blood pressure clinic! They will be on hand to check and record your blood pressure, answer any questions you may have about them and the services they perform, and provide educational materials to the senior center community.
Wednesday, May 11	12:30pm	*EEE: 10 Warning Signs of Alzheimer's: Join us to learn about: The difference between normal aging and Alzheimer's; Common warning signs; The importance of early detection and benefits of diagnosis; Next steps and expectations for the diagnostic process; and other Alzheimer's Association resources.
Friday, May 13	1:00pm	Jewelry Making Class: \$2 cash supply fee paid at registration. Sample on display at the front desk. Register in advance as space is limited.
Thursday, May 19	1:00pm 2:15pm	*Chorus Concert: Be entertained by these singers who rehearse here each Thursday. Ice cream sundaes served, compliments of Stewarts Shops. *Shen Showstoppers Tap Dance: Performance by our dancers, lead by former Rockette Janet Murphy.
Friday, May 20	1:00pm	*Orchestra Concert: Come and hear the wonderful music of these talented musicians who rehearse here at the Center each Friday. Light refreshments will be served.
Saturday, May 21	10:00am- 2:00pm	*Health and Wellness Fair: Make your Health & Wellness the priority! Visit Capital Region vendors, learn about resources that address and accommodate changes in aging. Brought to us by Shen Neighbors Connecting.
Thursdays, June 2, 9, 16, 23, 30	10:00am- 11:00am	*Bereavement Group: An in-person program for adults, this five-week program is for those grieving the loss of a loved one. This group will be lead by Mary Fondacaro, M.S. and Marlene Countermine, majoring in Social Work at The College of Saint Rose. Pre-registration is required as space is limited to 10 people.
Mondays, June 6, 13	11:00am- 12:00pm	*Death Café: Coffee, Cake, and Conversation: Talk about your fears around death and dying. Program sponsored by Saratoga County Department of Aging & Youth. Space is limited. Pre-registration required.



UPCOMING TRIPS

Wednesday, May 18: Riverview Inn, PA - Lunch & A Show with Rich Wilson

Thursday, June 9: Log Cabin, Holyoke Lobsterfest & Corvette's Doo-Wop

Wednesday, June 29: Canandaigua Lady Lunch & Cruise and Sonnenberg Gardens & Mansion

Wednesday, July 13: Medieval Times, Lyndhurst NJ - The top knights of the kingdom battle with brawn & steel to protect the throne.

Saturday, July 16: 2pm NYC Ballet at SPAC: A Midsummer Night's Dream & Hall of Springs Luncheon

Thursday, July 28: Lake George Dinner Theater - First Night- A romantic comedy about life & love when Danny's eighth-grade flame walks back into his life.

Thursday, August 18: MacHaydn Theater, Chatham - The Full Monty & Whitestone Cafe. This comedy tells a story about six average looking, unemployed steelworkers on the verge of getting themselves out of debt.

Wednesday, August 24: Erie Canal Cruise & Herkimer Diamond Mines

****Date TBD:** A day in Boston, MA**

M O N D A Y	<p>9:00am–10:00am: Tap Dance (5/2, 5/9, 5/16, 5/23) \$20</p> <p>10:00am–10:45am: Jazz Dance (5/2, 5/9, 5/16, 5/23) \$16</p> <p>10:00am–11:00am: Chair Yoga w/Bonnie (5/2, 5/9, 5/16, 5/23) \$28</p> <p>10:00am–12:00pm: Discussion Group</p> <p>10:00am–12:00pm: Bocce Ball (May-Nov) NEW</p> <p>11:00am–11:45am: Clogging Beginner (5/2, (No 5/9), 5/16, 5/23) \$21</p> <p>12:00pm– 1:00pm: Clogging Intermediate (5/2, (No 5/9), 5/16, 5/23) \$21</p> <p>12:30pm– 2:00pm: Games: Rummikub</p> <p>1:00pm– 2:00pm: Ukulele Group</p> <p>1:00pm– 3:00pm: Quilting Group</p> <p>1:15pm– 2:15pm: Soul Line Dancing (5/2, 5/9, 5/16, 5/23) \$15</p> <p>2:30pm– 3:30pm: Healthy Bones for Life—<i>To register, call OFA 518-884-4100</i></p>
T U E S D A Y	<p>9:00am–10:00am: Exercise to Tape</p> <p>9:15am–10:15am: Yoga w/Deanna \$6 Members /\$8 Non-Members At the Center OR Join Zoom</p> <p>10:00am–12:00pm: Games: Dice (Dice 3000, LCR on Last Tuesday), Learn to Play: Bunco (Second Tuesday) NEW</p> <p>10:15am–11:15am: Qi-Gong & Tai Chi w/Bonnie (5/3, 5/10, 5/17, 5/24) \$28</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) NEW</p> <p>1:00pm– 3:00pm: Square Dancing w/ Shoe Leather Express Pay \$7/week</p> <p>2:00pm– 3:00pm: Tai Chi for Seniors w/ Rich (5/3, 5/10, 5/17, 5/24 (No 5/31)) \$28</p>
W E D N E S D A Y	<p>9:00am–10:00am: Exercise to Tape</p> <p>9:30am–11:30pm: Investment Club - (2nd & 4th Wednesday)</p> <p>10:05am–11:00am: Sing/Play Ukulele w/Ron At Center OR Online 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>10:30am–11:30am: MVP Bokwa Dance Moves (April 27-June 15) NEW</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, Learn to Play: Euchre OR Mahjong NEW</p> <p>1:00pm– 4:00pm: Knitting and Crocheting</p> <p>1:15pm– 2:00pm: Beginner Tai Chi for Seniors w/ Rich (5/4, 5/11, 5/18, 5/25) \$28</p> <p>2:30pm– 3:30pm: Healthy Bones for Life—<i>To register, call OFA 518-884-4100</i></p>
T H U R S D A Y	<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 \$6/class (paid to instructor) (5/5, 5/19)</p> <p>1:00pm– 3:00pm: Games: Pinochle & Mahjong</p> <p>1:00pm– 2:00pm: MVP Zumba Gold (April 28-June 16) NEW</p>
F R I D A Y	<p>9:00am–10:00am: Tap Dance—<i>Advanced</i> (5/6, 5/13, 5/20, 5/27) \$20</p> <p>9:00am–10:55am: Orchestra</p> <p>9:15am–12:00pm: Woodcarving</p> <p>10:00am–12:00pm: Bocce Ball Group (May-Nov) NEW</p> <p>10:00am–10:45am: Ballet Class (5/6, 5/13, 5/20, 5/27) \$16</p> <p>10:00am–12:00am: Games: Dominoes/Mexican Train</p> <p>10:55am–12:30pm: Big Jazz Band</p> <p>12:30pm– 2:00pm: Games: Bingo</p> <p>1:00pm– 2:30pm: Jewelry Making Class: <i>2nd Friday (Class) and 4th Friday (Bring your own Project)</i></p> <p>1:15pm– 2:15pm: Latin Line Dancing (5/6, 5/13, 5/20, 5/27) \$15</p> <p>2:30pm– 3:30pm: Healthy Bones for Life—<i>To register, call OFA 518-884-4100</i></p>

Come enjoy an open house at the Southern Saratoga YMCA every 1st and 2nd Wednesday **the** of the month!



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.
- ◆ We loan out **Wheelchairs, Seated Walkers and other items** to those who need them!
- ◆ We continually update this newsletter with new activities and announcements. Please check the website frequently for these updates: [HERE](#)
- ◆ **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.

COVID INFORMATION

- ◆ 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 Ballston Spa. Click [HERE](#) to be directed to the website.
- ◆ Need Help Scheduling your Booster Shot? **We can help!** Call us today to set up your next shot **518-383-1343**.
- ◆ Saratoga County Public Health is **offering vaccines for HOMEBOUND AND ELDERLY**. Call **518-693-1075**
- ◆ **Four Free Home Tests:** [covidtests.gov](https://www.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 AT THE CENTER

- ◆ **Our Game Room is open every day:** play darts, air hockey, billiards, ping pong, board games, and more!
- ◆ **Ping Pong, Air Hockey, Darts, Board Games: Want to Play? Need a partner to play...Signup at the center!**
- ◆ Have a talent that you would like to share? Would you like to teach us? **Call Sue!**

Thank you...

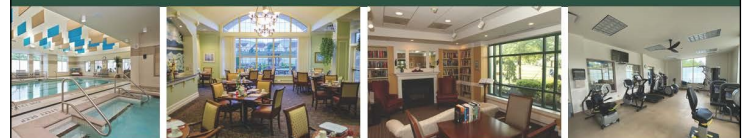
- ...to all those who donated items for, and filled, the Birthday Bags. With your help, we were able to send out 15 boxes full of items to Captain Food Pantry!
- ...to Hannaford and Friendly's for the Cupcakes and Ice Cream for our Birthday Bash!
- ...to Kingsway Community for bringing us an amazing April Dinner!
- ...to Chuck Oakes and the Acorns for entertaining us once again!

Four SSAS members will be exhibiting at a "Photography Show" at the Center during the months of April and May. Photographers Rebecca Jenkins, Brian Skanes, Meda Rigatti and Anup Sood will fill the gallery with their works.

Viewing of art work will be
Monday thru Friday
by appointment: 518-383-1343
For more information on SSAS,
visit: southern-saratoga-artist.com



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The Witecki Law Office

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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!

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
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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 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.