



Clifton Park Senior Center

June 2022—Monthly Newsletter

JUNE DINNER

Wednesday, June 15th
Outdoor event at 5:00pm
(Weather permitting)

\$10 Members Only

FEATURING:



MENU:

Salad
Woodfired Pizzas
Lemonade
Assorted Desserts

MUSIC PROVIDED BY:

 DJ Ernie Apisa
TRI-CITY ILLUSION

SPONSORED BY:



Dinner Sign-ups begin on Wednesday, June 1st

Center Hours

Monday-Friday
9:00am-4:00pm

Room Rental available after hours
for special events.

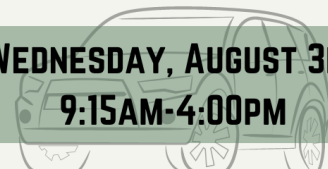
6 Clifton Common Court,
Clifton Park, NY 12065
518-383-1343

Please make checks payable to:
Town of Clifton Park

DEFENSIVE DRIVING COURSE

PRESENTED BY: ARMAND CANESTRARO,
EMPIRE SAFETY COUNCIL

WEDNESDAY, AUGUST 3RD
9:15AM-4:00PM



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

Upcoming Center

Closings

Juneteenth:

Monday, June 20th

KITTEN AND PUPPY SHOWER--SERVICE PROJECT



JUNE 22ND--1:00PM

MORE INFO
ON PAGE 2
→

DADS AND DOGS



Ladies please sign up and bring
a dish to share. We'll play some
old timey games and have some
fun! Bring your own chair.
Hotdogs & Rolls provided by
Sorrentino's Deli & Market
(241 Grooms Rd, CP)

FRIDAY, JUNE 17
11:30PM



EDUCATE ☆ Entertain ☆ EXPLORE

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

*indicates membership not required

Thursdays, June 2, 9, 16, 23, 30	10:00am- 11:00am	* Bereavement Group: An in-person five-week program for those grieving the loss of a loved one. This group will be lead by Mary Fondacaro, MS and Marlene Countermine, majoring in Social Work at The College of Saint Rose. Pre-registration is required as space is limited.
Saturday, June 4	9:00am- 3:00pm	Senior Center Garage Sale: Open to the public, Members can take this opportunity to sell your items. \$10 deposit required to reserve an 8ft table. Deposit will be refunded on the day of the event. One table per household. Advanced registration required. Space is limited.
Mondays, June 6, 13	11:00am- 12:00pm	* Death Café: Coffee, Cake, & Conversation: Talk about our feelings around death and dying. Program sponsored by Saratoga County Department of Aging. Space is limited. Pre-registration required.
Monday, June 6	1:00pm	* Blood Pressure Clinic: 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, June 8	12:30pm	* EEE: Light Health Mt Sinai: Learn about the important role light plays in our everyday lives, including regulating sleep and behavior, enter a raffle to win bright light bulbs. Program brought to us by The Light and Health Research Center at Mount Sinai. Advanced registration required. Space is limited.
Friday, June 10	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.
Saturday, June 11	2:00pm- 4:00pm	* Kitten & Puppy Shower– Adoption Clinic & Donations: Adopt a furry friend to give them a “Fur-ever” Home. Bring items to donate for the Saratoga County Animal Shelter listed below.
Friday, June 17	11:30am	Dads & Dogs – A Father’s Day Potluck: Ladies please sign up for a dish to share. We’ll play some old timey games and have some fun! Bring your own chair. Hotdogs and Rolls provided by Sorrentino’s.
Wednesday, June 22	1:00pm	* Kitten & Puppy Shower - Service Project: Do you sew or tie a knot? Come help the Saratoga County Animal Shelter by making fleece pet blankets, catnip toys and dog beds. A donation box will be in our lobby for anyone who would like to donate these needed items: fleece material, catnip, kitten formula, Gerber baby food (meat), light Karo syrup, heating pads (used for kittens), plastic cat toys, snuggle discs, small hard plastic food bowls, towels. For the health of their animals, all items need to be laundered.
Thursday, June 23	1:00pm	* EEE: Cyber Security: Being Online - Security vs Privacy. This is a basic overview of security and privacy, common attacks and weaknesses and simple things you can do to protect yourself online. Brought to us by Manik Jassal CPA, PMP. Advanced registration required. Space is limited.
Friday, June 24	1:00pm	* Big Band Concert: *Rescheduled from June 3* Come and hear the wonderful music of these talented musicians who rehearse here at the Center each Friday. Light refreshments will be served.
Monday, June 27	2:30pm- 4:00pm	* Living with Loss: Monthly Drop-in Program with Melissa Cuoco, LMSW, Senior Social Worker and Clay Mewbourn, LMSW, Bereavement Counselor. Grief is a natural response to loss. There is no timetable for grieving; people grieve in their own way and heal at their own pace. Participants have the opportunity to talk about their loss and, share their story with others who have experienced similar losses. Learn the signs of normal grief, self-care, and coping strategies. Upcoming dates (Last Monday of the Month): July 25, August 29, etc.

UPCOMING TRIPS

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

September 26- September 29: Trip to Maine

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

Two SSAS members will be exhibiting their artwork in various mediums during the months of June and July. Artists Karen Zimmers and Barbara Buckley will fill the gallery with their works.



Viewing of art work will be Monday thru Friday (afternoons): 518-383-1343.

For more information on SSAS, visit:
southernsaratogaartist.com

M O N D A Y	<p>9:00am–10:00am: Tap Dance (6/6, 6/13, (No 6/20), 6/27) \$15</p> <p>10:00am–10:45am: Jazz Dance (6/6, 6/13, (No 6/20), 6/27) \$12</p> <p>10:00am–11:00am: Chair Yoga w/Bonnie (6/6, 6/13, (No 6/20), 6/27) \$21</p> <p>10:00am–12:00pm: Discussion Group</p> <p>10:00am–12:00pm: Bocce Ball (May-Nov)</p> <p>11:00am–11:45am: Clogging Beginner (6/6, 6/13, (No 6/20), 6/27) \$21</p> <p>12:00pm– 1:00pm: Clogging Intermediate (6/6, 6/13, (No 6/20), 6/27) \$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 (6/6, 6/13, (No 6/20), 6/27) \$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 (6/7, 6/14, 6/21, 6/28) \$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)</p> <p>1:00pm– 3:00pm: Square Dancing w/ Shoe Leather Express Pay \$7/week (No 6/21)</p> <p>2:00pm– 3:00pm: Tai Chi for Seniors w/ Rich (6/7, 6/14, 6/21, 6/28) \$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)</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 ((No 6/1), 6/8, 6/15, 6/22, 6/29) \$28</p> <p>2:30pm– 3:30pm: Healthy Bones for Life—<i>To register, call OFA 518-884-4100</i></p>	<div style="border: 1px solid blue; padding: 5px;"> <p>Come enjoy an open house at the Southern Saratoga YMCA every 1st and 2nd Wednesday the of the month!</p>  <p>Just show your CPSCC Card!</p> </div>
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>1:00pm– 3:00pm: Games: Pinochle & Mahjong</p> <p>1:00pm– 2:00pm: MVP Zumba Gold (April 28-June 16)</p>	
F R I D A Y	<p>9:00am–10:00am: Tap Dance—<i>Advanced</i> (6/3, 6/10, 6/17, 6/24) \$20</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 (6/3, 6/10, 6/17, 6/24) \$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: <i>2nd Friday (Class) and 4th Friday (Bring your own Project)</i></p> <p>1:15pm– 2:15pm: Latin Line Dancing (6/3, 6/10, 6/17, 6/24) \$15</p> <p>2:30pm– 3:30pm: Healthy Bones for Life—<i>To register, call OFA 518-884-4100</i></p>	

COVID INFORMATION

- ◆ Need Help Scheduling your Booster Shot? **We can help!** Call us today to set up your next shot **518-383-1343**.
- ◆ 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.
- ◆ Saratoga County Public Health is **offering vaccines** for **HOMEBOUND AND ELDERLY**. Call **518-693-1075**

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.
- ◆ We loan out **Wheelchairs, Seated Walkers and other items** to those who need them!
- ◆ **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.

ADDITIONAL THINGS TO DO AT THE CENTER

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



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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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- 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



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The Witecki Law Office

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

Beginning June 16, 2022, Glenn Witecki will be providing in-person, free consultations, every 3rd Thursday of **every other 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.



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 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.