



Clifton Park Senior Center

July 2022—Monthly Newsletter



Thank you!

Our Big Band Concert treated us with some wonderful entertainment in June. Many of you baked some wonderful treats for this event...

Thank you!

Sorrentino's Deli, again, provided Hotdogs for our Father's Day potluck luncheon. And many of you made wonderful sides...**Thank you!**



To Dolce & Biscotti, Panera Bread and Hannaford who continue to offer us baked goods each week...**Thank you!**



We have so many things to be thankful for throughout the year.

I would like to take this opportunity to say Thank you to our amazing volunteers, our members, our instructors, our sponsors & advertisers, and everyone that is part of making this Senior Center a wonderful place to exercise and play. Along with other sponsorships from CDPHP every year, in June CDPHP sponsored a wonderful outdoor dinner. The delicious food was catered by Classic Crust in Jonesville. We were entertained by DJ Ernie Apisa from Tri-City Illusions. It was a wonderful time for all! We danced & danced...**Thank you!**



To the volunteers who came in for this month's Service Project. We made beautiful cat/kitten beds for our furry friends. And thank you for the very generous donations of food, toys, material, towels and more...**Thank you!**

These items were donated to the Saratoga County Animal Shelter.

To Boy Scout Christopher Strife of Troop 6 from St George's. For his Eagle award he built us two checkers/chess tables just outside our main entrance...**Thank you!**
If you'd like to play, the games pieces are inside.

A special thank you to our Volunteers.

We enjoyed a wonderful Volunteer Picnic lunch which was provided by Jersey Mikes, Buffalo Wild Wings and Olive Garden...**Thank you** for the generous donations.



We have an amazing program and could not do it without every one of you.

Bringing people together with common interests is especially important for seniors.

People join Senior Centers for a variety of reasons. Studies show that staying socially connected lowers depression, promotes aging in place, and keeps seniors physically and psychologically active. Research suggests that Senior Center participants have better mental, social, and physical health...and we all know that it is a wonderful place to make new friends.

So, if you have friends or neighbors that are at least 50 years of age and are not yet a member, or if you've joined in the last 12 months, please sign up for our **OPEN HOUSE** on Wednesday, August 17th. This is an opportunity for new people to tour our Senior Center, have some treats, and learn about our programs. Many of our instructors and class participants will put on a show.

Thanks to all for allowing us to serve you!

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

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**PRESENTED BY: ARMAND CANESTRARO,
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**\$31.00 Fee: Check Only
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**WEDNESDAY, AUGUST 3RD
9:15AM-4:00PM**

Upcoming Center Closings

**Independence Day:
Monday, July 4th**

EDUCATE   **Entertain**  **EXPLORE** 

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

**indicates membership not required*

Thursday, July 7	1:00pm	*EEE: What's Happening at Your Library?: Visit with librarians from the Clifton Park-Halfmoon Public Library. Hear about the programs and events going on at the Library this summer. Learn about volunteer opportunities with our English Language Learning (ELL) program, and get your questions answered about the Library's digital services like ebooks, audiobooks and streaming video.
Friday, July 8	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.
Tuesday, July 12	9:30am–11:30am	Light Mending with Patti: Drop In, Drop Off, and Pick Up later: 2nd Tuesday: July 12, August 9, etc.
Friday, July 15	12:00pm–1:00pm	*Farmer's Market Coupons: Pick up your coupons here and go to your local Farmer's Market to get high-quality local food and agricultural products direct from the farmers. Age and Income based.
Tuesday, July 19	10:30am–12:00pm	Guest Crafter: Bobbie Wald—Glue Gun Art: \$2 cash supply fee paid at registration. Sample on display at the front desk. Register in advance as space is limited.
Wednesday, July 20	1:00pm	*EEE: Fraud Awareness For Seniors-Protect your Assets!: Presented by Special Agent Mark Cecilione, Homeland Security Investigations (HSI), this program will teach you about a variety of fraudulent schemes targeting senior citizens in the Capital Region, how to prevent you and your friends from becoming scam victims, and what steps you should take if you believe you or someone you know becomes a scam victim.
Saturday, July 23	9:00am–3:00pm	*Repair Café: Repair Cafés are free meeting places and they're all about repairing things (together). In the place where a Repair Café is located, you'll find tools and materials to help you make any repairs you need. On clothes, furniture, electrical appliances, bicycles, crockery, appliances, toys, et cetera. You'll also find expert volunteers, with repair skills in all kinds of fields.
Monday, July 25	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): August 29, September 26 etc.

UPCOMING TRIPS

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 10-September 11: 2 day, 1 night in Boston and Salem, MA

September 26- September 29: 4 day, 3 night Trip to Maine Tours of Portland & Kennebunkport, Perkins Cove, Harbor Cruise, Boothbay Harbor, Nubble Lighthouse, L. L Bean & Dexter Factory Outlets and more...

Sunday, October 16: Beardsley Castle Murder Mystery Luncheon.

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.

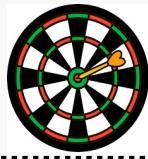




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 Viewing of art work will be Monday thru Friday (afternoons): 518-383-1343.
 For more information on SSAS, visit: southernsaratogaartist.com

Wish List

Have things at home that you are not using?

We would love: Books (*like new*), Large Outdoor Umbrellas, Chest Freezer, Heavy Duty Metal or Plastic Storage Shelves, and other items! **Let us know!**

M O N D A Y	<p>09:00am–10:00am: Tap Dance ((No 7/4, 7/25) 7/11, 7/18) \$10</p> <p>10:00am–10:45am: Jazz Dance ((No 7/4, 7/25) 7/11, 7/18) \$8</p> <p>10:00am–11:00am: Chair Yoga w/Bonnie ((No 7/4, 7/11) 7/18, 7/25) \$14</p> <p>10:00am–12:00pm: Discussion Group</p> <p>10:00am–12:00pm: Bocce Ball Group (May-Nov)</p> <p>12:30pm–02:00pm: Games: Rummikub</p> <p>01:00pm–02:00pm: Ukulele Group (No 7/4, 7/11)</p> <p>01:00pm–03:00pm: Quilting Group</p> <p>01:15pm–02:15pm: Soul Line Dancing ((No 7/4) 7/11, 7/18, 7/25) \$15</p> <p>02:30pm–03:30pm: Healthy Bones for Life—<i>To register, call OFA 518-884-4100</i></p>	<p>Billiards/Pool, Ping Pong, Air Hockey, Darts, Board Games:</p> <p>Game Room Open Every Day Want to Play? Need a partner to play...Signup at the center!</p> <div style="display: flex; justify-content: space-around;">   </div>
T U E S D A Y	<p>09:00am–10:00am: Exercise to Tape</p> <p>09:00am–10:00am: Billiards/Pool</p> <p>09:15am–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), Learn to Play: Bunco (Second Tuesday) NEW</p> <p>10:15am–11:15am: Qi-Gong & Tai Chi w/Bonnie ((No 7/5, 7/12) 7/19, 7/26) \$14</p> <p>11:30am–03:00pm: Games: Duplicate Bridge Group—Sanctioned \$7/week</p> <p>01:00pm–03:00pm: Games: Scrabble, Hand and Foot (Card Game)</p> <p>01:00pm–03:00pm: Square Dancing w/ Shoe Leather Express \$7/week</p> <p>02:00pm–03:00pm: Tai Chi for Seniors w/ Rich (7/5, 7/12, 7/19, 7/26) \$28</p>	
W E D N E S D A Y	<p>09:00am–10:00am: Exercise to Tape</p> <p>09:30am–11:30am: Investment Club - (2nd Wednesday)</p> <p>10:05am–11:00am: Ukulele Group w/Ron At Center OR Online HERE For Song Sheets click: Here! (No 7/6, 7/13)</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: Intermediate Bridge</p> <p>11:00am–12:00pm: MVP Bokwa Dance Moves (July 13-August 10)</p> <p>12:00pm–02:00pm: Bowling at Spare Time \$10/week for Shoes, 2 games, and lunch</p> <p>01:00pm–03:00pm: Games: Poker, Canasta, Learn to Play: Euchre OR Mahjong NEW</p> <p>01:00pm–04:00pm: Knitting and Crocheting</p> <p>01:15pm–02:00pm: Beginner Tai Chi for Seniors (7/6, 7/13, 7/20, 7/27) \$28</p> <p>02:30pm–03:30pm: Healthy Bones for Life—<i>To register, call OFA 518-884-4100</i></p>	<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 CPSC Card!</p>
T H U R S D A Y	<p>09:00am–10:00am: Exercise to Tape</p> <p>09:00am–10:00am: Billiards/Pool</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>01:00pm–02:00pm: MVP Zumba Gold (July 14-August 18)</p> <p>01:00pm–03:00pm: Games: Pinochle & Mahjong</p>	
F R I D A Y	<p>09:00am–10:00am: Tap Dance—<i>Advanced</i> (7/1, 7/8, 7/15, 7/22, 7/29) \$25</p> <p>09:15am–12:00pm: Woodcarving</p> <p>10:00am–10:45am: Ballet Class (7/1, 7/8, 7/15, 7/22, 7/29) \$20</p> <p>10:00am–12:00pm: Bocce Ball Group (May-Nov) NEW</p> <p>10:00am–12:00pm: Games: Dominoes/Mexican Train</p> <p>12:30pm–02:00pm: Games: Bingo</p> <p>01:00pm–02:30pm: Jewelry Making Class: <i>2nd Friday (Class) and 4th Friday (Bring your own Project)</i></p> <p>01:15pm–02:15pm: Latin Line Dancing (7/1, 7/8, 7/15, 7/22, 7/29) \$15</p> <p>02:30pm–03:30pm: Healthy Bones for Life—<i>To register, call OFA 518-884-4100</i></p>	

SERVICES FOR YOU

- ◆ ***NEW* Light Mending with Patti: 9:30am-11:30am** Drop In, Drop Off, and Pick Up later: **2nd Tuesday:** July 12, August 9, September 13, etc.
- ◆ We loan out **Wheelchairs, Seated Walkers and other items** to those who need them!
- ◆ **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.
- ◆ **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.
- ◆ **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.

ADDITIONAL THINGS TO DO AT THE CENTER

- ◆ **Would you like to Volunteer at the Center?** Opportunities include Front Desk Ambassador, Senior Dinners, Special Programs, Food Pickup, etc. Let us know!

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**

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

OPEN HOUSE

Wednesday, August 17th

1:00pm-3:00pm

Are you a new member? Not yet a member?

Know someone who might like to join us?

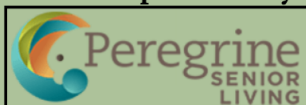
Come and meet some of our instructors and learn about the many programs & classes we have to offer!

Event Sponsored by:

There will be class demonstrations!

Light Refreshments!

Advanced Registration Required!



Annual Book Sale

Saturday, August 13th

Collection of books begin again in September!!

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Fax: (888) 725-2780

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Let CDPHP® Take the Guesswork Out of Choosing the Right Medicare Plan

Learn about your Medicare options, including the many plans that CDPHP has to offer, at a 2022 Medicare Advantage Plan meeting:

Albany County

August 24 • 1:30 p.m.

Rudy A. Ciccotti Family Recreation
30 Aviation Road
Albany

Rensselaer County

September 1 • 2 p.m.

Troy YMCA
2500 21st St.
Troy

Broome County

August 18 • 12 p.m.

The Spot Restaurant
1062 Front St.
Binghamton

Saratoga County

September 21 • 5 p.m.

1785 Building
1785 Route 9
Clifton Park

Oneida County

August 1 • 11 a.m.

North Utica Senior Center
50 Riverside Dr.
Utica

Schenectady County

July 13 • 10:30 a.m.

Rotterdam Public Library
1100 N. Wescott Road
Schenectady

A CDPHP Medicare sales representative will be present with information and applications.†

Please call (518) 641-5255 with questions.
There is no cost to attend and no obligation.

Visit us online at www.cdphp.com/medicare/seminars/product-overview

† For accommodation of persons with special needs at sales meetings, call (518) 641-5255. (TTY/TDD: 711)

Our hours are 8 a.m. - 8 p.m. seven days a week, October 1 – March 31. From April 1 – September 30, Monday – Friday, our hours are 8 a.m. - 8 p.m. A voice messaging service is used weekends, after-hours, and federal holidays. Calls will be returned within one business day.

CDPHP® is an HMO and PPO with a Medicare contract. Enrollment in CDPHP Medicare Advantage depends on contract renewal. CDPHP complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak a non-English language, language assistance services, free of charge, are available to you. Call 1-888-248-6522 (TTY: 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-248-6522 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-248-6522 (TTY: 711)

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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.

CDPHP® is a health plan with a Medicare contract. Enrollment in CDPHP Medicare Choices depends on contract renewal.

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 CDPHP Universal Benefits,® Inc.



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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.*

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Home of the
Good Shepherd

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

homeofthegoodshepherd.com

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.