



Clifton Park Senior Center



August 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

Wish List

Have things at home that
you are not using?

We would love:

Refrigerator or Chest
Freezer, Heavy Duty Metal
or Plastic Storage Shelves,
inquire about other items!

Let us know!

Labor Day

Celebration Potluck



Monday, August 29th

10:00am-1:00pm

Entertainment by the Acorns!

Upcoming Center

Closings

Labor Day:

Monday, September 5

Come join us for an
OPEN HOUSE
For New or Prospective Members!

Wednesday, August 17th
Starting at 1:00pm

Event sponsored by:



.....
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!

There will be class demonstrations!

Light Refreshments!

Advanced Registration Required!

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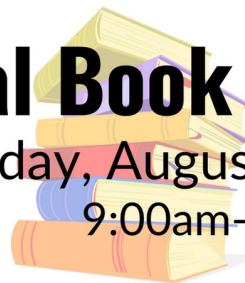
**THIS IS THE PLACE FOR INDEPENDENT SENIORS TO MAKE NEW
FRIENDS, TRY NEW THINGS, DANCE, EXERCISE, PLAY GAMES,
AND HAVE SOME FUN!**

6 Clifton Common Court,
Clifton Park, NY 12065

Annual Book Sale

Saturday, August 13th

9:00am-4:00pm



Thousands of Books for
sale, Mystery, Romance,
Non-fiction and more!
Also Puzzles and
Children's Books!

Presented by American Red Cross

Blood Drive

August 25th

1:00pm-6:00pm



American
Red Cross

EDUCATE ☆ Entertain ☆ EXPLORE

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

**indicates membership not required*

Wednesday, August 3	9:15am– 4:00pm	*Defensive Driving Course sponsored by Armand Canestraro and the Empire Safety Council: Advanced Registration Required! \$31/person payable to Armand Canestraro.
Tuesday, August 9	9:30am– 11:30am	Light Mending with Patti: Drop In, Drop Off, and Pick Up later (Laundered Clothing Only) 2nd Tuesday: August 9, September 13, October 11, etc.
Tuesday, August 9	1:00pm– 4:00pm	Board Games —Outdoors (Weather Permitting) Scrabble, Backgammon, or Chess/Checkers on our new outdoor tables! Advanced Registration Required with Choice of 2 Games!
Wednesday, August 10	12:30pm	*EEE: Medicare 101: Presented by Erin Prendergast with USA Medicare Consultants, this presentation will help you learn the basics of Medicare, the difference between Medicare Advantage & Medicare Supplement plans, and get your questions answered! Snacks will be provided. Advanced Registration Required!
Friday, August 12	1:00pm	Jewelry Making Class: Make Your Own Bead and Chain Necklace \$2 cash supply fee paid at registration. Sample on display at the front desk. Advanced Registration Required!
Monday, August 15	10:00am– 11:30am	*Indian Classical Music—Sitar and Tabla performance: Presented by Hindu Temple Society. Come for some Hands-on with instruments, vocals, and meditation!
Friday, August 19	12:30pm	Ice Cream and Bingo: By Brookdale Senior Living. Come and play Bingo with gift card prizes. Light refreshments will be served! Advanced Registration Required!
Wednesday, August 24	1:00pm– 2:30pm	Crafts: Floral Wreath (Bicycle Wheel) with Judy: \$2 cash supply fee paid at registration. Sample on display at the front desk. Advanced Registration Required!
Friday, August 26	10:00am– 11:30am	*Indian Classical Music—Sitar and Tabla performance: Presented by Hindu Temple Society. We will have yoga, breathing exercises, dances and Indian nutritional information!
Monday, August 29	10:00am– 1:00pm	Labor Day Celebration Potluck: Celebrate Labor Day with outdoor games, a lovely potluck and LIVE ENTERTAINMENT by the Acorns! It may be the end of summer, but that doesn't mean our fun has to end! Sign up today with the dish you are bringing!
Monday, August 29	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, & coping strategies. Upcoming dates (Last Monday): September 26, October 31 etc.
Wednesday, September 7	1:00pm– 2:00pm	*Senior Support Group – Let's Talk! with Shelley Gilbert, Award Winning Author We are Seniors and have a lot to talk about. Join this casual, open-themed, friendly group as we share information and navigate health issues, the world of computers, personal problems, family concerns and the wonderful world of aging. No politics. Only supportive and nice comments to one another.

UPCOMING TRIPS

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. **(WAIT LIST ONLY)**



NEW!! 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: Beardslee Castle Murder Mystery Luncheon. **(WAIT LIST ONLY) 9:30am Departure**

NEW!! Wednesday, November 30: Day in New York City

NEW!! Wednesday, December 7: A Nashville Christmas at the Log Cabin in Holyoke, MA.

<p>M O N D A Y</p>	<p>10:00am-12:00pm: Discussion Group 10:00am-12:00pm: Bocce Ball Group (May-Nov) 12:30pm-02:00pm: Games: Rummikub 01:00pm-02:00pm: Ukulele Group (No 8/1) 01:00pm-03:00pm: Quilting Group 01:15pm-02:15pm: Soul Line Dancing (8/1, 8/8, 8/15, 8/22, 8/29) \$15 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: Game Room Open Every Day Want to Play? Need a partner to play...Signup at the center!</p> 
<p>T U E S D A Y</p>	<p>09:00am-10:00am: Exercise to Tape 09:00am-10:00am: Billiards/Pool 09:15am-10:15am: Yoga w/Deanna \$6 Members /\$8 Non-Members At the Center OR Join Zoom 10:00am-12:00pm: Games: Dice (Dice 3000, LCR) 11:30am-03:00pm: Games: Duplicate Bridge Group—Sanctioned \$7/week 01:00pm-03:00pm: Games: Scrabble, Hand and Foot (Card Game) 01:00pm-03:00pm: Square Dancing w/ Shoe Leather Express \$7/week</p>	
<p>W E D N E S D A Y</p>	<p>09:00am-10:00am: Exercise to Tape 09:30am-11:30am: Investment Club (<i>2nd Wednesday</i>) 10:05am-11:00am: Ukulele Group w/Ron At Center OR Online HERE For Song Sheets click: Here! (No 8/3) 10:00am-12:00pm: Games: Nickels & Dimes (<i>Bring \$5 or more worth of nickels and dimes</i>) 10:00am-12:00pm: Games: Intermediate Bridge 11:00am-12:00pm: MVP Bokwa Dance Moves (July 13-August 10) 12:00pm-02:00pm: Bowling at <i>Spare Time</i> \$10/week for Shoes, 2 games, and lunch 01:00pm-04:00pm: Games: Poker, Canasta, Learn to Play: Euchre OR Mahjong 01:00pm-04:00pm: Knitting and Crocheting 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!  Just show your CPSC Card!</p>
<p>T H U R S D A Y</p>	<p>09:00am-10:00am: Exercise to Tape 09:00am-10:00am: Billiards/Pool 10:00am-12:00pm: Games: Rummikub 10:15am-11:15am: Yoga w/Deanna \$6 member/\$8 non-member At the Center OR Join Zoom 12:30pm-04:00pm: Games: Pinochle 01:00pm-02:00pm: MVP Zumba Gold (July 14-August 18) 01:00pm-04:00pm: Games: Mahjong</p>	
<p>F R I D A Y</p>	<p>09:15am-12:00pm: Woodcarving 10:00am-12:00pm: Bocce Ball Group (May-Nov) NEW 10:00am-12:00pm: Games: Dominoes/Mexican Train 12:30pm-02:00pm: Games: Bingo 01:00pm-02:30pm: Jewelry Making Class: <i>2nd Friday (Class) and 4th Friday (Bring your own Project)</i> 01:15pm-02:15pm: Latin Line Dancing (8/5, 8/12, 8/19, 8/26) \$15 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: (Laundered Clothing Only) **2nd Tuesday:** August 9, September 13, October 11, etc.
- ◆ 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.
- ◆ **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.
- ◆ **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.

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

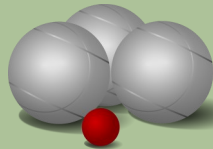
- ◆ Need Help Scheduling your Booster Shot? **We can help!** Call us today to set up your next shot **518-383-1343**
- ◆ Saratoga County Public Health is **offering vaccines** for **HOMEBOUND AND ELDERLY**. Call **518-693-1075**
- ◆ We have a **COVID TESTING SITE** in Saratoga County. If you or someone 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.

Thank you!



...to the Junior Girl Scout Troop #2529 for the amazing job done on our Bocce Ball Garden!

...to an Anonymous Donor who donated two wonderful pavilions for our Bocce Courts!



...to Scott & Linda Oliver and their grandchildren Addison and Regan Mahew for a donation of two new umbrellas!

There will be 5 artists exhibiting during the months of August and September. SSAS members showing their artwork are Virginia Harrison, Barbara Hurley, Kristine Kelly, Judy Loucks and Jo Weatherwax.



.....
Viewing of art work will be Monday thru Friday (afternoons): 518-383-1343.
For more information on SSAS, visit: southern-saratoga-artist.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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<p>Brookdale East Niskayuna Alzheimer's & Dementia Care 2861 Troy-Schenectady Road Niskayuna, NY 12309 (518) 782-7381</p>	<p>Brookdale Niskayuna Enhanced Assisted Living 1786 Union Street Niskayuna, NY 12309 (518) 346-6935</p>
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www.peregrineseniorliving.com/clifton-park/



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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.



George & Jackie

518-383-3739

Visit our website...
www.MarAssoc.com
★
Marshall@MarAssoc.net
★
6 Sage Court
Clifton Park, NY 12065

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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

Is your dog registered with the Town Clerk?

NYS requires all dogs four months of age or older to be licensed in the municipality in which they are harbored. Dog licenses are issued at the Town Clerk's Office, located in Town Hall, at which time proof of rabies vaccination is required and proof if spayed or neutered.

Annual Fee:

Spayed/neutered dog is \$6.00
Unspayed/unneutered dog is \$11.50

Original license must be processed in Town Hall.

Renewals will be accepted in person, by mail, dropbox (Town Clerk's office entrance-east side of building) or online at www.cliftonpark.org. There will be a \$1.75 convenience fee for online renewals.



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	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.