



# Clifton Park Senior Center

October 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*

**It's Time to Renew!**



## Memberships for 2023

(All memberships expire on January 1st)

## Wish List

- **Vases**—Medium Sized
- **Felt Material** (Red or White) for soldier stockings to be created in October
- **Batting** (any size) needed by our quilters for quilts donated to local organizations throughout the year

## Upcoming Center

### Closings

**Columbus Day**

*October 10th*



COBURG VILLAGE PRESENTS

# October Dinner

**\$12.00- MEMBERS ONLY  
WEDNESDAY, OCTOBER 19TH  
-DOORS OPEN AT 5:00PM-**

**Italian House Salad**

**Classic Meat Lasagna - Served with**

**Squash Medley and Garlic Bread**

**Chocolate Chip Cannoli**



[www.coburgvillage.com](http://www.coburgvillage.com)



**All members are welcome regardless of vaccination status.**

**Tickets go sale on Monday, October 3rd.**

## **Soldier Stockings Service Project**

**We need people to Sew, Cut, and Decorate along with FELT to make stockings!**

We are collecting donations of:

- Small Games:** dice, cards, word-search, sudoku, coloring books
- Travel Sized:** shampoo, conditioner, lotion, toothpaste, baby powder, toothbrushes
- Regular Sized:** deodorant, chapstick, baby wipes, nail clippers, sunscreen, cough drops, pens/pencils, hard candy, candy bars, gum, beef jerky, trail mix, dried fruit/nuts, energy bars, flea collars
- Leftover Halloween Candy



Stockings will be donated to  
**Blue Star Mothers NY.**



Thursdays, October 13th- November 10th 11:00am-3:00pm

# EDUCATE ☆ Entertain ☆ EXPLORE

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

\*indicates membership not required

Wednesday, October 5	11:00am– 1:00pm	<b>Computer Assistance: with Chip Ferrolli</b> Having trouble with your computer or other device? No problem! Bring your own device in and together we will find a solution to whatever issue you're having. Chip will cover the following categories; Operation of your device, Cyber-security, Applications, and Accessories. If you're unsure that your issue is covered in the list above, come ask anyway! <b>Advanced Registration Required!</b>
Tuesday, October 11	9:30am– 11:30am	<b>Light Mending with Patti:</b> Drop In, Drop Off, and Pick Up later (Laundered Clothing Only) 2nd Tuesday: September 13, October 11.
Wednesday, October 12	12:30pm– 1:30pm	<b>*EEE: 13 Financial Resolutions Every Family Should Be Aware Of: Presented by Kevin Marin from Wealth Solutions:</b> These critical items span from basic updates to your Beneficiary Designations to what we call 'Having the Family Conversation.' <b>Advanced Registration Required!</b>
Wednesday, October 12	12:30pm	<b>Crafts with Mary E.:</b> \$3.00 cash supply fee paid at registration. Sample on display at the front desk. <b>Advanced Registration Required!</b>
Thursdays, October 13– November 10	11:00am– 3:00pm	<b>*Soldier Stockings-Service Project:</b> <i>We need donations of the following:</i> •Felt for the Stockings • Leftover Halloween Candy • <b>Small Games:</b> dice, cards, word-search, sudoku, coloring books • <b>Travel Sized:</b> shampoo, conditioner, lotion, toothpaste, baby powder, toothbrushes • <b>Regular Sized:</b> deodorant, chapstick, baby wipes, nail clippers, sunscreen, cough drops, pens/pencils, hard candy, candy bars, gum, beef jerky, trail mix, dried fruit/nuts, energy bars, flea collars. <b>Stockings will be donated to Blue Star Mothers NY:</b> Find more info here: <a href="http://BlueStarMothersNY.org">Blue Star Mothers NY</a>
Thursday, October 13	1:00pm	<b>*Flu Shot:</b> Provided by CDPHP. *BY APPOINTMENT ONLY* <b>Call the Center to Sign Up for your yearly flu shot!</b>
Friday, October 14	1:00pm	<b>Jewelry Making Class:</b> \$3.00 cash supply fee paid at registration. Sample on display at the front desk. <b>Advanced Registration Required!</b>
Wednesday, October 19	10:00am– 12:00pm	<b>Crafts: Iris Card Folding with Pat Twinam:</b> \$5.00 cash supply fee paid at registration. Sample on display at the front desk. <b>Advanced Registration Required</b>
Thursday, October 20	12:30pm– 1:30pm	<b>*EEE: Stress-Proof Your Brain: Strategies for Managing Stress: Presented by Sheryl Kaplan, LCSW-R, CPP:</b> Prolonged stress can have a negative impact on both the brain and body. Sheryl will present recent findings on how stress affects the brain and share strategies and techniques for managing everyday stress. <b>Advanced Registration Required!</b>
Wednesday, October 26	1:00pm	<b>*Paint and Sip: Presented by Art In Mind Studio</b> Join us for an afternoon of creativity, fun, coffee, or tea! The painting chosen for this class is entitled "Fall Birch." Space is limited! <b>Advanced registration is required</b> and offered to members at a discount rate. This class is sponsored by CDPHP. \$12/Members and \$25/Non-Members
Monday, October 31	2:30pm– 4:00pm	<b>*Living with Loss:</b> 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. <b>Upcoming dates (Last Monday):</b> November 28th
Thursday, November 3	10:00am	<b>Glue Gun Art Project: With Bobbie W.:</b> \$3.00 cash supply fee paid at registration. Sample on display at the front desk. <b>Advanced Registration Required!</b>



Come enjoy a day at the Southern Saratoga YMCA every First and Second Wednesday of the month! Just show your CPSC Card!



The Autumn Jewels Art Show: The Southern Saratoga Art Society (SSAS) will have their annual Autumn Jewels Art Show at the Senior Center from Oct. 3 - Nov. 1 The Autumn Jewels Art Show is a juried art exhibition of watercolors, acrylics, pastels, oils, photography, mixed media and 2-dimensional framed artwork.



Come see how much local talent we have that will amaze and delight you. For more information, please contact: Show Chairperson Rita Helie at: [randrh@aol.com](mailto:randrh@aol.com)

<b>M O N D A Y</b>	09:00am–10:00am:	Tap Dance ((No 10/10) 10/3, 10/17, 10/24, 10/31) <b>\$20</b>	<p style="text-align: center;"><b>Billiards/Pool, Ping Pong, Darts, Board Games:</b></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>
	10:00am–10:45am:	Jazz Dance ((No 10/10) 10/3, 10/17, 10/24, 10/31) <b>\$16</b>	
	10:00am–11:00am:	Chair Yoga w/Bonnie ((No 10/10) 10/3, 10/17, 10/24, 10/31) <b>\$28</b>	
	10:00am–12:00pm:	Discussion Group	
	10:00am–12:00pm:	Bocce Ball Group (May-Nov)	
	11:00am–11:45am:	Clogging Beginner ((No 10/10, 10/17) 10/3, 10/24, 10/31) <b>\$21</b>	
	12:00pm–01:00pm:	Clogging Intermediate ((No 10/10, 10/17) 10/3, 10/24, 10/31) <b>\$21</b>	
	12:30pm–02:00pm:	<b>Games:</b> Rummikub	
	01:00pm–02:00pm:	Ukulele Group	
	01:00pm–03:00pm:	Quilting Group	
	01:15pm–02:15pm:	Soulful Line Dancing II ((No 10/10) 10/3, 10/17, 10/24, 10/31) <b>\$15</b>	
	02:30pm–03:30pm:	Healthy Bones for Life— <i>To register, call OFA 518-884-4100</i>	

<b>T U E S D A Y</b>	09:00am–10:00am:	Exercise to Tape
	09:00am–10:00am:	<b>Games:</b> Billiards/Pool
	09:15am–10:15am:	Yoga w/Deanna <b>\$6 Members /\$8 Non-Members</b> At the Center OR <a href="#">Join Zoom</a>
	10:00am–12:00pm:	Games: Dice (Dice 3000, LCR, <b>2nd Week: Bunco</b> )
	10:15am–11:15am:	Qi-Gong & Tai Chi w/Bonnie (10/4, 10/11, 10/18, 10/25) <b>\$28</b>
	10:30am–12:00pm:	Adult Coloring with Mary & Bob (1st & 3rd Tuesday)
	11:30am–03:00pm:	<b>Games:</b> Duplicate Bridge Group—Sanctioned <b>\$7/week</b>
	12:00pm–01:30pm:	MVP Bokwa Dance Moves (September 13th—November 15th) <b>NEW</b>
	01:00pm–03:00pm:	<b>Games:</b> Scrabble, Hand and Foot (Card Game)
	01:00pm–03:00pm:	Square Dancing w/ Shoe Leather Express <b>\$7/week</b>
02:00pm–03:00pm:	Tai Chi for Seniors w/ Rich (10/4, 10/11, 10/18, 10/25) <b>\$28</b>	

<b>W E D N E S D A Y</b>	09:00am–10:00am:	Exercise to Tape
	09:30am–11:30am:	Investment Club (2nd & 4th Wednesday)
	10:05am–11:00am:	Ukulele Group w/Ron At Center OR <a href="#">Online HERE</a> For Song Sheets click: <a href="#">Here!</a>
	10:00am–12:00pm:	<b>Games:</b> Intermediate Bridge; Nickels & Dimes (Bring \$5 or more worth of nickels and dimes)
	10:30am–11:00am:	Beginner Soulful Line Dancing (10/5, 10/12, 10/19, 10/26) <b>\$8 NEW</b>
	11:15am–12:15pm:	Soulful Line Dancing I (10/5, 10/12, 10/19, 10/26) <b>\$15 NEW</b>
	12:00pm–02:00pm:	Bowling at Spare Time <b>\$10/week</b> for Shoes, 2 games, and lunch
	01:00pm–02:00pm:	Senior Support Group ((No 10/5), 10/19) ( <b>Future Dates: 11/2, 11/16</b> ) <b>NEW</b>
	01:00pm–04:00pm:	Knitting and Crocheting,
	01:00pm–04:00pm:	<b>Games:</b> Poker, Canasta, Beginner Mahjong
02:30pm–03:30pm:	Healthy Bones for Life— <i>To register, call OFA 518-884-4100</i>	

<b>T H U R S D A Y</b>	09:00am–10:00am:	Exercise to Tape
	09:00am–10:00am:	<b>Games:</b> Billiards/Pool
	10:00am–11:30am:	Chorus
	10:00am–12:00pm:	<b>Games:</b> Rummikub
	10:15am–11:15am:	Yoga w/Deanna <b>\$6 member/\$8 non-member</b> At the Center OR <a href="#">Join Zoom</a>
	10:30am–12:30pm:	Watercolors w/Mary Fekete <b>\$6/class</b> (paid to instructor) (10/13, 10/27)
	12:30pm–04:00pm:	<b>Games:</b> Pinochle
	01:00pm–04:00pm:	<b>Games:</b> Mahjong

<b>F R I D A Y</b>	09:00am–10:00am:	Tap Dance— <i>Advanced</i> ((No 10/14), 10/7, 10/21, 10/28) <b>\$15</b>	<p>Miss the book sale?</p> <p>We have weekly sales here in the lobby!!!</p> <p><b>\$0.50</b> for Paperbacks/ <b>\$1.00</b> for Hardcover</p>
	09:00am–10:55am:	Orchestra	
	09:15am–12:00pm:	Woodcarving	
	10:00am–10:45am:	Ballet Class ((No 10/14), 10/7, 10/21, 10/28) <b>\$12</b>	
	10:00am–12:00pm:	<b>Games:</b> Bocce Ball Group, Dominoes/Mexican Train	
	10:55am–12:30pm:	Big Jazz Band	
	12:30pm–02:00pm:	<b>Games:</b> Bingo	
	01:00pm–02:30pm:	Jewelry Making Class: 2nd Friday (Class) & 4th Friday (BYO Project)	
	01:15pm–02:15pm:	Latin Line Dancing (10/7, 10/14, 10/21, 10/28) <b>\$15</b>	
02:30pm–03:30pm:	Healthy Bones for Life— <i>To register, call OFA 518-884-4100</i>		

**SERVICES FOR YOU**

- ◆ **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.
- ◆ We take donations of and loan out **Wheelchairs, Seated Walkers and other items** to those who need them!
- ◆ **Have old prescription medications and not sure what to do with them?** Stop by the Center to pick up a DETERRA drug deactivation system provided by NYS.
- ◆ **Free Legal Assistance** offered through the Saratoga County Office for the Aging. Make an appointment by calling 518-884-4100.

**ADDITIONAL THINGS TO DO AT THE CENTER**

- ◆ We are looking at adding some **New Programs** to the Center. **Let us know** what you'd like to participate in here—Indoor Bocce Ball—Indoor Pickle Ball—Shuffleboard—Horseshoes— **Let us know** in our Lobby suggestion box!
- ◆ **Would you like to Volunteer at the Center?** Opportunities include Front Desk Ambassador, Senior Dinners, etc.. Let us know!

**COVID INFORMATION**

- ◆ 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.
- ◆ If you need a **Home Covid Test**, get one here at the Center!

**Thank you!**

...to our Dinner Theater Sponsors: CDPHP and Townley and Wheeler Funeral Home.  
 ...Townley and Wheeler not only sponsored this dinner theater, but Kathleen and her staff assisted to serve our meal. Kathleen did an amazing job in the show as a Funeral Director. Acting may be her next career!  
 ...to our wonderful members participated in the theatre performance, you all did an great job. Thanks to Jack, Don, Jim, Paul, Paul, Lloyd, Dom, Ben, Bill, John, Pat, Sandy, Donna, Cathie, Linda, Monsy, Carol, Ann, Sue & others!  
 (See a Special Note from the Theatre Company in the Lobby!)  
 ...to our volunteers who set up for dinner and served our meal. We could not do it without you.  
 ...to the performers from the Mystery Dinner Theater players lead by Cruise Director Cathy O'Neill. It was definitely a night to remember.

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## The Witecki Law Office

8 South Church Street,  
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518-372-2827,

[www.WiteckiLawOffice.com](http://www.WiteckiLawOffice.com)

Beginning June 16, 2022, Glenn Witecki will be providing in-person, free consultations, every 3<sup>rd</sup> 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!

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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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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](http://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 Wade Schoenborn	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 Mike Woerner	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.