



Clifton Park Senior Center

November 2022—Monthly Newsletter



CLIFTON PARK SENIOR CENTER PRESENTS **NOVEMBER DINNER** WEDNESDAY, NOVEMBER 16TH - DOORS OPEN AT 5PM

Dinner provided by:

Dinner sponsored by:

MOM & POP'S CAFE

Where Great Food
Family and Friends
Come Together



Salad with Italian Dressing

Roll with Butter

Sausage, Peppers, and Onions on a Bed of Pasta

Mini Fruit Pies

\$12.00 - MEMBERS ONLY

ALL MEMBERS ARE WELCOME, REGARDLESS OF VACCINATION STATUS.

November Dinner Tickets go on sale

Tuesday, November 1st at 9:00am IN PERSON ONLY

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

- **Heavy Duty 4-5 Shelving Unit**
- **For the Quilting Group:**
 - Batting (any size)
 - 6ft or larger Self-Healing Cutting Mat

ELECTION DAY BAKE SALE

Tuesday November 8

8:30am-5:00pm

Pies * Cakes * Cookies * etc

Upcoming Center Closings

Veteran's Day

November 11

Thanksgiving Break

November 24 & 25

Soldier Stockings Service Project

We need people to Sew, Cut, and Decorate.

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, November 3rd- 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, November 2	11:00am– 1:00pm	Computer Assistance: with Chip Ferrolli 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! Advanced Registration Required
Wednesday, November 2 9, 16, 23, 30	1:00pm– 2:00pm	Beginner Latin Line Dancing: With Mark and Raoul: Call the Center for more information. \$15 for the Month. Advanced Registration Required! Space is limited
Thursdays, November 3	10:00am– 12:00pm	Glue Gun Art Project: With Bobbie W: 2 Part Project: November 3 and 10 \$3 cash supply fee paid at registration. Sample on display at front desk. Advanced Registration Required
Thursdays, November 3 and 10	11:00am– 2:00pm	*Soldier Stockings - Service Project: <i>We need donations –see front page</i> Stockings will be donated to Blue Star Mothers NY: Find more info here: Blue Star Mothers NY
Thursdays, November 3, 10, and 17	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 led 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.
Tuesday, November 8	2:00pm	Movies and Popcorn: Radio (2003): For everyone who ever had a dream and everyone with the courage to stand up for what they believe, comes the real life story of Robert 'Radio' Kennedy. Experience Radio's journey from a man no one understood to the coach no one could live without.
Thursday, November 17	10:00am	Crafts: The Art of Napkin Folding: With Bobbie W: Get prepared for Thanksgiving dinner by learning how to fold napkins like a pro! Advanced Registration Required
Thursday, November 17	4:30pm	*Shen Friendship Dinner: The Shen Schools are once again holding a Friendship Dinner. Space is limited. Seniors Only. Free tickets can be obtained at the front desk.
Friday, November 18	1:00pm	Jewelry Making Class: Winter Holiday Earrings \$3 cash supply fee paid at registration. Sample on display at front desk. Advanced Registration Required
Monday, November 28	2:30pm– 4:00pm	Living with a Loss: Monthly Drop-in Program with Mark Kearney-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. Fourth Monday-Upcoming dates: No December, January 23rd, February 27th.
Wednesday, November 30	12:30pm– 1:30pm	*EEE: 13 Financial Resolutions Every Family Should Be Aware Of: Presented by Kevin Marin from Wealth Solutions: These critical items span from basic updates to your Beneficiary Designations to what we call 'Having the Family Conversation.' Advanced Registration Required
Thursday, December 8	11:00am– 12:00pm	Creative Memories Frameable Page: With Heather: 'Holiday with Grandma' \$3 cash supply fee paid at registration. Sample on display at front desk. Advanced Registration Required

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



November and December's Show is called: 'Seasons.' Showcasing the elegance of Spring, the passion of Summer, the subtlety of Autumn, and the harshness of Winter.



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



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09:00am-10:00am: Tap Dance (11/7, 11/14, 11/21, 11/28) **\$20**
 10:00am-10:45am: Jazz Dance (11/7, 11/14, 11/21, 11/28) **\$16**
 10:00am-11:00am: Chair Yoga w/Bonnie ((No 11/21) 11/7, 11/14, 11/28) **\$21**
 10:00am-12:00pm: Discussion Group
 10:00am-12:00pm: Bocce Ball Group (May-Nov)
 11:00am-11:45am: Clogging Beginner (11/7, 11/14, 11/21, 11/28) **\$28**
 12:00pm-01:00pm: Clogging Intermediate (11/7, 11/14, 11/21, 11/28) **\$28**
 12:30pm-03:30pm: **Games:** Rummikub
 01:00pm-02:00pm: Ukulele Group
 01:00pm-03:00pm: Quilting Group
 01:15pm-02:15pm: Soulful Line Dancing (11/7, 11/14, 11/21, 11/28) **\$15**
 02:30pm-03:30pm: Healthy Bones for Life—*To register, call OFA 518-884-4100*

**Billiards/Pool, Ping Pong,
Darts, Board Games:**
 Game Room Open Every Day
 Want to Play? Need a partner to
 play...Signup at the center!



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09:00am-10:00am: Exercise to Tape (No 11/8)
 09:00am-10:00am: **Games:** 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)
 10:15am-11:15am: Qi-Gong & Tai Chi w/Bonnie (No 11/22) 11/1, 11/8, 11/15, 11/29) **\$28**
 10:30am-12:00pm: Adult Coloring with Mary & Bob (1st & 3rd Tuesday)
 11:30am-03:00pm: **Games:** Duplicate Bridge Group—Sanctioned **\$7/week**
 12:00pm-01:30pm: MVP Bokwa Dance Moves (September 13th—November 15th)
 01:00pm-03:00pm: **Games:** Scrabble, Hand and Foot (Card Game)
 01:00pm-03:00pm: **Games:** Ping Pong (call for details) **NEW**
 01:00pm-03:00pm: Square Dancing w/ Shoe Leather Express (No 11/8) **\$7/week**

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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 [Online HERE](#) For Song Sheets click: [Here!](#)
 10:00am-12:00pm: **Games:** Intermediate Bridge; Nickels & Dimes (Bring \$5 or more worth of nickels and dimes)
 12:00pm-02:00pm: Bowling at Spare Time **\$10/week** for Shoes, 2 games, and lunch
 01:00pm-02:00pm: Senior Support Group (11/2, 11/16) **NEW**
 01:00pm-02:00pm: Beginner Latin Line Dance (11/2, 11/9, 11/16, 11/23, 11/30) **\$15 NEW**
 01:00pm-04:00pm: Knitting and Crocheting
 01:00pm-04:00pm: **Games:** Poker, Beginner Mahjong (Learn to Play)
 02:30pm-03:30pm: Healthy Bones for Life—*To register, call OFA 518-884-4100*

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09:00am-10:00am: Exercise to Tape
 09:00am-10:00am: **Games:** Billiards/Pool
 10:00am-11:30am: Chorus
 10:00am-12:00pm: **Games:** Rummikub
 10:15am-11:15am: Yoga w/Deanna **\$6 member/\$8 non-member** At the Center OR [Join Zoom](#)
 10:30am-12:30pm: Watercolors w/Mary Fekete **\$6/class** (paid to instructor) (11/10, 11/17)
 12:30pm-04:00pm: **Games:** Pinochle
 01:00pm-03:00pm: **Games:** Ping Pong (call for details) **NEW**
 01:00pm-04:00pm: **Games:** Mahjong

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09:00am-10:00am: Tap Dance—Advanced ((No 11/11, 11/25) 11/4, 11/18) **\$10**
 09:00am-10:55am: Orchestra
 09:15am-12:00pm: Woodcarving
 10:00am-10:45am: Ballet Class ((No 11/11, 11/25) 11/4, 11/18) **\$8**
 10:00am-12:00pm: **Games:** Bocce Ball Group, Dominoes/Mexican Train
 10:55am-12:30pm: Big Jazz Band
 12:30pm-02:00pm: **Games:** Bingo, Crowns (Cards) **NEW**
 01:00pm-02:30pm: Jewelry Making Class: **11/18 \$3**
 01:15pm-02:15pm: Latin Line Dancing ((No 11/11, 11/25) 11/4, 11/18) **\$15**
 02:30pm-03:30pm: Healthy Bones for Life—*To register, call OFA 518-884-4100*

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book sale?**
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 here in the lobby!!!
\$0.50 for Paperbacks/
\$1.00 for Hardcover

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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 Clifton Park Area Residents!
- ◆ **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

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

Thank you!

Thank you to Coburg Village and their chefs for preparing a wonderful Lasagna dinner along with cannoli for dessert!

Thank you to CDPHP for sponsoring the Paint & Sip

A Special Thank you to Shirley Roberts who leads the Basket Party every year, with months of preparation. What a wonderful event. Thank you to all of those that provided baskets for the raffle, to the volunteers that came in early to make lunch and to those that assisted with the event.

We really do appreciate all of you.



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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!

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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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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 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.