



Clifton Park Senior Center



January 2023—Monthly Newsletter

SAVE THE DATE!



Sunday, April 23, 2023



Join us for an
**informational
meeting!**

January 12 @12:30

**Volunteers Needed!
Inquire at the Front Desk today!**

From everyone at the Town of Clifton Park we are wishing you a healthy and happy 2023! The last couple of years have been a challenge for everyone during the pandemic. The Center has remained a wonderful place for recreation, support and activities due to the hard work of our staff, volunteers and sponsors. We consistently have worked to present new offerings for our members, while ensuring we continue to maintain a high level of quality in all of our programs and activities. It has now been several years since the Town assumed operational responsibility for the Center. The initial transfer of responsibility and the following several months were a challenge, but we all pulled together to keep the Center operating. We grew from 620 members to 1500 prior to the pandemic and we have gradually welcomed back more members each week as many people have become more comfortable returning. Despite the challenges in recent years, the Center always emerges stronger than before.

As we reflect on all the reasons we should be thankful entering the New Year, let us remember the members we have lost in 2022. It is an honor for us to serve you, the members of the CPSCC. Your spirit of fellowship fills the building each day and we appreciate your support. We look forward to working for you again in 2023 and continuing to make the Center a preeminent cultural and recreational resource in the Capital Region.

Sincerely,

Phil Barrett

Town of Clifton Park, Town Supervisor

Saratoga County, Member of Board of Supervisors



FORGET-ME-NOT SHOPPE

Take a look in our Forget-Me-Not Shoppe to pick up something handmade by our Seniors for you or one of your loved ones.

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**

It's Time to Renew!

This can be done over the phone, in the mail, or in person. Keep up to date on our activities & events!

Memberships for 2023

All memberships expired on December 31st

Upcoming Center Closings

New Year's Day (Observed)

January 2nd

Martin Luther King Day

January 16th

Reminder: In inclement weather, we follow the Shenendehowa School District closings and delays.

EDUCATE ☆ Entertain ☆ EXPLORE

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

**indicates membership not required*

Wednesday, January 4	11:00am- 1:00pm	Computer Assistance: with Chip Ferrolli Having trouble with your computer or other device? No problem! Bring your device in and together we will find a solution to whatever issue you're having. Advanced Registration Required
Friday, January 6	11:00am- 12:00pm	New Year's Pajama Dance Party: Wear your PJs and have some fun dancing in our Studio Dance Room. Let's Party Like it's 1999. Advanced Registration Required
Tuesday, January 10	9:30am- 11:30am	Light Mending with Patti: Drop In, Drop Off, and Pick Up later (Laundered Clothing Only)
Tuesday, January 10	2:00pm	Movies and Popcorn: Divine Secrets of the Ya-Ya Sisterhood: Like Mother, like daughter: neither New York playwright Sidda Lee Walker nor her eccentric Louisiana mother Vivi will likely take steps to mend the rift between them. No, this is a job for the Ya-Ya Sisterhood. FREE
Wednesday, January 11	12:30pm	*EEE: Let's talk about Medication: More than 100,000 older adults in North America end up in the hospital each year because of medication problems. Learn about the risks and solutions in the Let's Talk about Medications Program from Home Instead. We'll discuss common medication problems facing older adults, important questions to ask your doctor, and some tips for home medication management. Advanced Registration Required
Wednesday, January 18	11:00am	*EEE: Interactive Cooking Demo-Healthy Snacks: Sponsored by Office For the Aging. Learn how to make Banana Energy bites and take some home! Limit of 10 people, so register today!
Wednesday, January 18	12:30pm	Game Day: Dice Games: Play games like LCR, Dice 3000, Bunco, Nickels and Dimes, Yahtzee, etc. Please bring a \$1 scratch-off ticket to be added to the "Lottery Tree" and receive a chance toward a drawing for all of the tickets on the Lottery Tree. Advanced Registration Required
Monday, January 23	2:30pm- 4:00pm	*Living with a Loss: Monthly Drop-in Program. 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 grief, self-care, & coping strategies. Fourth Monday-Upcoming dates: January 23, February 27
Wednesday, January 25	10:00am	Crafts: Winter Gnome: \$3 cash supply fee paid at registration. Sample on display at front desk. Advanced Registration Required
Friday, January 27	1:00pm	Jewelry Making Class: \$3 cash supply fee paid at registration. Sample on display at front desk. Advanced Registration Required



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

The January/February Show is called: "The Two Vals" and will feature the artwork of Valerie Woodward and Valerie Wolf. These unique artists will feature an eclectic mix of artwork and use of vibrant colors in landscapes, still-life, paint pouring, realism to abstract, using acrylics, watercolor, pen and watercolor pencil collages just to name a few. Definitely a show not to be missed.

Do you like to Drive?

Are you age 55 or older?

We have the perfect volunteer opportunity for you!

Saratoga County Department of Aging and Youth Services is in an immediate NEED of volunteer drivers to take seniors to and from Medical appointments. We provide vehicle, gas, schedule, and directions!

Please call us for more information at 518-884-4100

RSVP-Retired Senior Volunteer Program, helps recruit volunteers age

55 or older for many opportunities throughout Saratoga County.



AmeriCorps

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.
- ◆ **Free Legal Assistance** offered through the Saratoga County Office for the Aging. Make an appointment by calling 518-884-4100.
- ◆ **Would you like to Volunteer at the Center?** Opportunities include Front Desk Ambassador, OFA Lunch Program, Senior Dinners, etc... Let us know!
- ◆ We still have **COVID Tests** here at the Center! Request them at the front desk!

M O N D A Y	09:00am-10:00am:	Tap Dance ((No 1/2, 1/9, 1/16) 1/23, 1/30) \$10
	10:00am-10:45am:	Jazz Dance ((No 1/2, 1/9, 1/16) 1/23, 1/30) \$8
	10:00am-11:00am:	Chair Yoga w/Bonnie ((No 1/2, 1/16) 1/9, 1/23, 1/30) \$21
	10:00am-12:00pm:	Discussion Group
	11:00am-11:45pm:	Beginner Clogging ((No 1/2, 1/9, 1/16) 1/23, 1/30) \$14
	12:00pm-12:45pm:	Intermediate Clogging ((No 1/2, 1/9, 1/16) 1/23, 1/30) \$14
	12:30pm-03:30pm:	Games: Rummikub
	01:00pm-02:00pm:	Ukulele Group
	01:00pm-03:00pm:	Quilting Group
	01:15pm-02:15pm:	Line Dancing with Linda ((No 1/2, 1/16) 1/9, 1/23, 1/30) \$15
	02:30pm-03:30pm:	Healthy Bones for Life— <i>To register, call OFA 518-884-4100</i>

Miss the book sale?
We have weekly sales here in the lobby!!!
\$0.50 for Paperbacks/
\$1.00 for Hardcover

T U E S D A Y	09:00am-10:00am:	Exercise to Tape
	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), 5 Crowns NEW
	10:15am-11:15am:	Qi-Gong & Tai Chi w/Bonnie ((No 1/3) 1/10, 1/17, 1/24, 1/31) \$28
	10:30am-12:00pm:	Adult Coloring with Mary & Bob (Every Tuesday)
	11:30am-03:00pm:	Games: Duplicate Bridge Group—Sanctioned \$7/week
	12:00pm-01:00pm:	MVP Bokwa Dance Moves- (January 10th-March 14th)
	01:00pm-03:00pm:	Games: Scrabble, Cards: Hand & Foot
	01:00pm-03:00pm:	Games: Ping Pong (call for details)

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



W E D N E S D A Y	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
	12:00pm-02:00pm:	Bowling at Spare Time \$10/week for Shoes, 2 games, and lunch
	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— <i>To register, call OFA 518-884-4100</i>

T H U R S D A Y	09:00am-10:00am:	Exercise to Tape
	09:00am-10:00am:	Games: Billiards/Pool
	10:00am-11:30am:	Chorus (Starting late January (call for details))
	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:	Mixed-Media Watercolors & Acrylics w/Mary F. \$6/class (paid to instructor) (1/5, 1/19)
	12:30pm-04:00pm:	Games: Pinochle
	01:00pm-03:00pm:	Games: Ping Pong (call for details)

F R I D A Y	09:00am-10:00am:	Tap Dance—Advanced ((No 1/6, 1/13) 1/20, 1/27) \$10
	09:00am-10:55am:	Orchestra (Starting late January (call for details))
	09:15am-12:00pm:	Woodcarving
	10:00am-10:45am:	Ballet Class ((No 1/6, 1/13) 1/20, 1/27) \$8
	10:00am-12:00pm:	Dominoes/Mexican Train
	10:55am-12:30pm:	Big Jazz Band (Starting late January (call for details))
	12:30pm-02:00pm:	Games: Bingo, Cards: 5 Crowns, Canasta
	01:00pm-02:30pm:	Jewelry Making Class (2nd & 4th Friday) \$3
	01:15pm-02:15pm:	Latin Line Dancing (1/6, 1/13, 1/20, 1/27) \$15
	02:30pm-03:30pm:	Healthy Bones for Life— <i>To register, call OFA 518-884-4100</i>

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





UPCOMING TRIPS

June 5th-June 9th: Guided tours of Niagara Falls and Toronto
Niagara Falls & Toronto Enjoy the Hornblower Niagara Cruise
(Passport Needed) Gaming at the Fallsview Casino!
...AND MORE!



Do you like to sing?

Join our Senior Center Chorus.
They meet every Thursday at 10am!
All voices are needed!



Thank you! to...



Our Chorus and Jazz Music Groups for performing Holiday Concerts!

Neighborhood Kitchen for providing our December Dinner!



All those who donated to Toys for Tots!

The Shen High School Acapella Group for entertaining our seniors with a holiday concert!

These local businesses that donated almost \$1000 in gifts and gift cards for a free raffle during our Holiday Dinner!

- Ravenswood Pub -- 1021 NY-146, CP -- (518) 371-8771
- 30 Park -- 30 Clifton Country Rd, CP -- (518) 914-5099
- Hoffman Car Wash -- 1672 US-9, CP -- (518) 373-9796
- Edible Arrangements -- 54 Crossing Blvd E, CP -- (518) 373-4280
- Exit 9 Wine & Liquor -- 9 Halfmoon Crossing, CP-- (518) 688-0153
- J & S Watkins Desserts -- 1675 US-9, CP -- (518) 383-1148
- Red Robin -- 1 Halfmoon Crossing, CP -- (518) 348-1536
- Savemore Beverage Center -- 1512 US-9, CP -- (518) 371-2520
- Wheatfield's Bistro -- 54 Crossing Blvd M, CP -- (518) 383-4444
- Halfmoon Diner -- 231 Grooms Rd, CP -- (518) 371-1177
- Trader Joe's -- 3 Halfmoon Crossing, CP -- (518) 383-5015
- Spare Time Bowling -- 1668 US-9, CP -- (518) 371-4000
- Cracker Barrel -- 4 Tower Way, CP -- (518) 373-8156
- Divinitea -- 1604 US-9, CP -- (518) 347-0689
- Halfmoon Wine & Liquor -- 1471 US-9 #101, CP -- (518) 557-2877
- Harvest Moon Market -- 1512 US-9, CP -- (518) 579-0144
- Neighborhood Kitchen -- 312 Rowland St, Ballston Spa -- (518) 885-3100
- Parkwood Wines & Spirits -- 1758 US-9 Suite C, CP -- (518) 383-3464
- Peddlers Bar & Bistro -- 16 Old Rte 9, CP -- (518) 952-7166
- Sorrentino's Delicatessen & Market -- 241 Grooms Rd, CP -- (518) 371-3479
- Ted's Fish Fry -- 1663 US-9, CP -- (518) 373-8300

Thanks to these sponsors for support for our Breakfast with Santa and our members who donated food items for the Captain Food Pantry. We delivered 6 large boxes of breakfast items!



5 Clifton Country Road, CP -- (518) 930-2632



1018 Rt 146, CP -- (518) 371-1521



1717 US-9, CP -- (518) 371-6100

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OR

Call: 518-383-1343

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SARATOGA COUNTY DEPARTMENT OF AGING & YOUTH SERVICES-JANUARY 2023
GATHER & DINE/HOME DELIVERED MEALS 518-363-4020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed 	3 Chicken Marsala Parmesan Noodles Peas & Onions WW Dinner Roll Mandarin Oranges	4 Pork Loin w/Cranberry Mustard Sauce Red Bliss Potato Vegetable Trio Pears	5 Spanish Beef & Rice Casserole Carrots Warm Peach Crisp Cornbread	6 New Year's Special LS Baked Ham w/Cranberry Glaze Sauce Au gratin Potatoes Creamed Corn WW Dinner Roll Cheesecake 
9 Chicken Divan White Rice Mixed Vegetables Pears	10 Pork w/Tarragon Sauce Mashed Sweet Potato Green Beans Whole Wheat Dinner Roll Fruit Cocktail	11 Swiss Steak Buttered Egg Noodles Vegetable Trio SF Chocolate Pudding	12 Scalloped Potatoes & Ham Peas & Carrots Wax Beans Corn Muffin Fresh Orange	13 Eggplant Parmesan Pasta w/Marinara Sauce Broccoli WW Dinner Roll Yogurt
16 Closed 	17 Five Spice Chicken Oven Roasted Sweet Potatoes Beets Whole Wheat Dinner Roll Mandarin Oranges	18 Meatballs in Sauce Pasta w/Sauce Broccoli Fruit Cocktail	19 Roast Turkey w/Gravy Mashed Potatoes Butternut Squash WW Dinner Roll Applesauce	20 Macaroni & Cheese Stewed Tomatoes Brussels Sprouts Yogurt
23 Baked Chicken w/Gravy Mashed Sweet Potato Vegetable Trio Whole Wheat Dinner Roll SF Chocolate Cookies	24 Beef Pepper Steak White Rice Carrots Pineapple	25 Birthday Special Roast Pork w/Gravy Mashed Potatoes Beets Frosted Cake 	26 Italian Stew White Rice Green Beans WW Dinner Roll SF Vanilla Pudding	27 Tuna Noodle Casserole Peas & Carrots Broccoli Corn Muffin Banana
30 Stuffed Cabbage Casserole Spinach Warm Apple Crisp WW Dinner Roll Pears	31 Ranch Chicken Oven Roasted Potatoes Mixed Peppers & Onions Cornbread Peaches			

Menu Subject To Change

Coffee, Tea and Butter are served daily at sites. The suggested contribution is \$2 per meal. There is a \$8 fee for guests under the age of 60. Please make checks payable to: **Saratoga County Treasurer, c/o Saratoga County Department Of Aging & Youth Services, 152 West High Street, Ballston Spa, NY 12020**

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Niagara Falls & Toronto



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- ◆ Motorcoach transportation
- ◆ 4 nights lodging in the Niagara Falls area
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- ◆ A Journey to The Falls on a "HORNBLOWER NIAGARA CRUISE"
- ◆ Gaming at FALLSVIEW CASINO
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- ◆ A visit to CASA LOMA; Canada's most magnificent castle

For more pictures, video, and information visit:
www.GroupTrips.com/cliftonparkseniorcommunitycenter

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(Mon - Fri)
Jun 5 - 9
2023

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16 Clifton Common Blvd, Clifton Park, NY @ 8 am**

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: captivating, awe-inspiring Niagara Falls! This evening, you will have Dinner and check into your Niagara Falls area hotel for a four night stay.

Day 2: Start the day with a Continental Breakfast before you begin a Guided Tour of the Niagara Falls area. Visit an engineering marvel, the Welland Shipping Canal and beautiful Queen Victoria Park – home of one of the world's largest Floral Clocks. You'll have Dinner this evening at a local restaurant.

Day 3: Enjoy a Continental Breakfast before departing for a Guided Tour of the beautiful cosmopolitan city of Toronto, Ontario. You will also visit Toronto's majestic castle estate – Casa Loma! Later, you will dine at a local restaurant.

Day 4: Start the day with a Continental Breakfast before enjoying one of Niagara's most popular and breath-taking attractions, a boat ride on a "Hornblower Niagara Cruise." Sail near the base of the Horseshoe Falls and enjoy a truly awe-inspiring view of the mighty Niagara. Then, you'll take a tour of historical Niagara-on-the-Lake, one of the prettiest towns in Canada and full of 19th century charm. Later, enjoy Dinner and a visit to exciting Fallsview Casino and get in some gaming action before returning to your hotel.

Day 5: Enjoy a Continental Breakfast before departing for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!



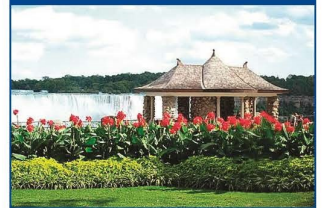
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RSVP-Retired Senior Volunteer Program, help recruit volunteers age 55 or older for many opportunities throughout Saratoga County.



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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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The Witecki Law Office

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

Glenn Witecki provides in-person, free consultations, the 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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homeofthegoodshepherd.com



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Niskayuna, NY 12309
(518) 346-6935

126954 SR

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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 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

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
Councilman Christopher O'Hara:	cohara@cliftonpark.org
Councilwoman Agatha Reid:	areid@cliftonpark.org
Councilwoman Lynda M. Walowit:	lwalowit@cliftonpark.org

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.