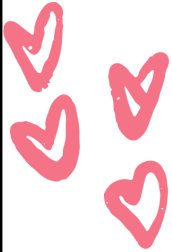




# Clifton Park Senior Center



February 2023—Monthly Newsletter



## "A Chance Encounter" Valentines Day Party

**FEBRUARY 14TH**  
**AT 12:30PM**

.....  
Snacks will be served.

If you bring a \$1 Lottery ticket to be added to the "Lottery Tree" you will receive a *Chance* toward a drawing for all of the tickets on the Lottery Tree.  
Register in advance as space is limited.

Bring your own cards or use some of ours:  
Pinochle, Phase 10, Euchre, Uno, Hand and Foot, Poker, Canasta, etc.



**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

Monthly Newsletter Mailings are being discontinued at the end of March.  
The Newsletters can be accessed online, and/or they can be picked up at the Senior Center.  
Please be sure your email address is up to date.  
**Any questions or concerns please call us.**  
**Thank you.**

An Act of Kindness is good for you and for me. It makes us all feel good.  
When we're kind to others it comes back to you...  
**Join us at the Senior Center for a Random Act of Kindness Day**  
**Friday, February 17th 11:00am-12:30pm**  
We'll enjoy some treats and do good for others at the same time.  
CHALLENGE: Try to do something nice for someone twice this week, for no reason at all. In fact, try to do this every week for the month of February. Complement a stranger. Hold a door open for them. Bring cookies to the neighbor. Pay forward a cup of coffee for the person standing in line behind you.  
We all have our own struggles. Let's brighten up someone's day. In turn this can brighten up your day as well.

**FORGET-ME-NOT SHOPPE**  
Check out our new items: Jewelry, Seatbelt Covers, Adult Bibs, Walker Bags, Baby Sweaters, and more.

**THE AARP TAX PROGRAM IS BACK!**

TaxAide, the free income tax assistance program sponsored by AARP Foundation and the IRS, will be offering free income tax services again this year! All appointments must be made in person at the front desk. We will provide you with a packet of important information.

*If you know that you will be receiving tax documents from a brokerage, we ask you don't make an appointment until you receive your documents.*



**Upcoming Center Closings**

**President's Day:**  
February 20th

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

# EDUCATE ☆ Entertain ☆ EXPLORE

Space is Limited. Some events require **Advanced Registration**. To sign up, call the Center at 518-383-1343

\*indicates membership not required

Wednesday, February 1	11:00am- 1:00pm	<b>Computer Assistance: with Chip Ferrolli</b> 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. <b>Advanced Registration Required</b>
Thursdays, February 2, 9, 16 & 23	12:00pm- 3:00pm	<b>*Learn to Play Pinochle: with Joe</b> Haven't played in years? Learn about bidding, when to trump, winning tricks, and more. <b>4 Week Session: Advanced Registration Required</b>
Wednesday, February 8	12:30pm	<b>*EEE: Winterize Your Home: With CP Green Committee:</b> Weatherize your home or apartment. Get trained on basic weatherization strategies that you can achieve yourself. Materials you will need are provided for free. Increase your health, comfort, and save energy and money. <b>Advanced Registration Required</b>
Friday, February 10	1:00pm	<b>Jewelry Making Class:</b> \$3 cash supply fee paid at registration. Sample on display at front desk. <b>Advanced Registration Required</b>
Friday, February 10	1:00pm	<b>*Shen Showstoppers Dance Show:</b> At ages 69 to 94, many of the Showstoppers have studied at our center since 2003 with instructor Janet Murphy, a former Rockette. They have performed locally at Senior Expos and senior residences. They were selected three times to perform at the sold out performances of The Senior Interstate Tap Show in Fair Lawn, NJ.
Mondays, February 13, 27 March 6	11:00am- 12:00pm	<b>Introductory Acoustic Guitar Lessons: with Brian Dufrense with Humana</b> Bring a guitar -if you have one- and learn how to play! <i>There will be 1 extra guitar on-hand.</i> Limit 3-4 students <b>3 Week Session: Advanced Registration Required FREE</b>
Tuesday, February 14	9:30am- 11:30am	<b>Light Mending with Patti:</b> Drop In, Drop Off, and Pick Up later (Laundered Clothing Only)
Tuesday, February 14	12:30pm	<b>Game Day: Card Games:</b> Play games like Pinochle, Phase 10, Euchre, Uno, Hand & Foot, Poker, Canasta, etc. If you bring a \$1 scratch-off ticket to be added to the "Lottery Tree" you receive a chance toward a drawing for the tickets on the Lottery Tree <b>Advanced Registration Required</b>
Tuesday, February 14	2:00pm	<b>Movies and Popcorn: When Harry Met Sally</b> An "explosively funny" commentary on friendships, courtships, and other hardships of the modern age. Will these two best friends ever accept that they are meant for each other or will they continue to deny the attraction that's existed since they met? <b>FREE</b>
Wednesday, February 15	12:30pm	<b>*Music at the Center: Picking with a Purpose, "Chuck Oakes &amp; the Acorns"</b> These vintage players play folk, country, and bluegrass favorites. <b>FREE</b>
Tuesday, February 21	12:30pm- 2:00pm	<b>Celebrate Mardi Gras</b> with a potluck luncheon celebration. Sign up today with what you are bringing!
Wednesday, February 22	9:00am	<b>*EEE: Healthy Capital District: Community Health Conversations:</b> Join us to identify common challenges to health in our region. The Upcoming NYS 1115 Waiver prioritizes addressing health disparities. Light Breakfast offered. <b>Advanced Registration Required FREE</b>
Monday, February 27	2:30pm- 4:00pm	<b>*Living with a Loss:</b> 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. <b>Fourth Monday-Upcoming dates:</b> February 27, March 27

## Senior Center Fashion Show

Luncheon at "The Vista"

Sunday, April 23, 2023  
12:00pm - 4:00pm

Tickets on Sale now!!



## UPCOMING TRIPS

**Wednesday, March 8th: "Harriet Tells It Like It Is" @ Proctors GE Theater-** Travel back in time on the Underground Railroad as Harriet Tubman fights for freedom. **Must register by 2/15/23**

**Monday, March 13th: "Jokes My Irish Father Told Me" @ Majestic Theater** and Lunch at Take Five Restaurant in West Springfield, MA

**June 5th-June 9th: Niagara Falls & Toronto Trip (Passport Needed) WAIT LIST ONLY**


**Wednesday, September 13th: Resort World, Live Gaming, Buffet, an amazing show: Mamma Mia** and Shopping @ Woodbury Common Premium Outlets

<b>M O N D A Y</b>	09:00am–10:00am:	Tap Dance ((No 2/20) 2/6, 2/13, 2/27) <b>\$15</b>
	10:00am–10:45am:	Jazz Dance ((No 2/20) 2/6, 2/13, 2/27) <b>\$12</b>
	10:00am–11:00am:	Chair Yoga w/Bonnie ((No 2/20) 2/6, 2/13, 2/27) <b>\$21</b>
	10:00am–12:00pm:	Discussion Group
	11:00am–11:45pm:	Beginner Clogging ((No 2/20) 2/6, 2/13, 2/27) <b>\$21</b>
	12:00pm–12:45pm:	Intermediate Clogging ((No 2/20) 2/6, 2/13, 2/27) <b>\$21</b>
	12:30pm–03:30pm:	<b>Games:</b> Rummikub
	01:00pm–02:00pm:	Ukulele Group
	01:00pm–03:00pm:	Quilting Group
	01:15pm–02:15pm:	Line Dancing with Linda ((No 2/20) 2/6, 2/13, 2/27) <b>\$15</b>
	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

<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> (No Class 2/14, 2/21)
	10:00am–12:00pm:	<b>Games:</b> Dice (Dice 3000, LCR), 5 Crowns <b>NEW</b>
	10:15am–11:15am:	Qi-Gong & Tai Chi w/Bonnie ((No 2/21) 2/7, 2/14, 2/28) <b>\$21</b>
	10:30am–12:00pm:	Adult Coloring with Mary & Bob (Every Tuesday)
	11:30am–03:00pm:	<b>Games:</b> Duplicate Bridge Group—Sanctioned <b>\$7/week</b>
	12:00pm–01:00pm:	MVP Bokwa Dance Moves- (January 10th-March 14th)
	01:00pm–03:00pm:	<b>Games:</b> Scrabble, <b>Cards:</b> Hand & Foot
	01:00pm–03:00pm:	<b>Games:</b> 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!



<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
	12:00pm–02:00pm:	Bowling at Spare Time <b>\$10/week</b> for Shoes, 2 games, and lunch
	01:00pm–04:00pm:	Knitting and Crocheting
	01:00pm–04:00pm:	<b>Games:</b> Poker, Beginner Mahjong (Learn to Play)
	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 (Starting February 2nd)
	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> (No Class 2/16, 2/24)
	10:30am–12:30pm:	Mixed-Media Watercolors & Acrylics w/Mary F <b>\$6/class</b> (paid to instructor) (2/2, 2/16)
	12:30pm–04:00pm:	<b>Games:</b> Pinochle
	01:00pm–03:00pm:	<b>Games:</b> Ping Pong (call for details)
01:00pm–04:00pm:	<b>Games:</b> Mahjong	

<b>F R I D A Y</b>	09:00am–10:00am:	Tap Dance—Advanced (2/3, 2/10, 2/17, 2/24) <b>\$20</b>
	09:00am–10:55am:	Orchestra
	09:15am–12:00pm:	Woodcarving
	10:00am–10:45am:	Ballet Class (2/3, 2/10, 2/17, 2/24) <b>\$16</b>
	10:00am–12:00pm:	<b>Games:</b> Dominoes/Mexican Train
	10:55am–12:30pm:	Big Jazz Band
	12:30pm–02:00pm:	<b>Games:</b> Bingo, <b>Cards:</b> 5 Crowns, Canasta
	01:00pm–02:30pm:	Jewelry Making Class (2nd & 4th Friday) <b>\$3</b>
	01:00pm–04:00pm:	<b>Games:</b> Splendor (Board Game) <b>NEW</b>
	01:15pm–02:15pm:	Latin Line Dancing (2/3, 2/10, 2/17, 2/24) <b>\$15</b>
	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!




**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 and Masks** here at the Center! Request them at the front desk!

**A BIG Thank You to our wonderful volunteers that help this Senior Center run so smoothly every day:**

Front Desk Ambassadors, Lunch Program servers, exercise programs like Healthy Bones & Exercise to Tape, teaching programs that include Ukulele, Jewelry Making, Crafts, Guitar, Computers & Phones. We have Discussion Groups and Adult Coloring, new game instruction along with other programs including Quilting and Knitting. We have volunteers within our entertainment programs like Chorus, Orchestra, and Jazz Band. We have volunteers facilitating activities outside the Senior Center that include Bowling, Bocce, and Golf. And there are our wonderful volunteers at our Monthly Dinner and Special Events setting up, serving, and cleaning up. Finally, thank you to those of you that pick-up Panera Bread four nights per week and to those that package it for us in the morning.  
**We couldn't do all of this without you...THANK YOU!**



Viewing of art work will be Monday thru Friday (afternoons): 518-383-1343. For more information on SSAS, visit: [southern-saratoga-artist.com](http://southern-saratoga-artist.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 sing?**  
 Join our Senior Center Chorus.  
 They meet every Thursday at 10am!  
 All voices are needed!



"You said we'd love this place, and of course we do! The services are wonderful, the food divine, and we are so glad to be here." -Helen & Bob

We offer Independent Living for active seniors and Assisted Living and Memory Care for seniors who need a little extra help.



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## *Chuck Oakes & the Acorns*

---

*Returning February 15<sup>th</sup> 12:30*



*Picking with a Purpose,*  
*“Chuck Oakes & the Acorns”*

are friends of our community  
and we look forward to their return in this New  
Year. These “vintage” players play folk, country  
and bluegrass favorites.



# Town of Clifton Park

One Town Hall Plaza | Clifton Park, New York 12065 | (518) 371-6651

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## **FOR IMMEDIATE RELEASE:**

February 2, 2023

## **CONTACT:**

Town Supervisor Phil Barrett  
518-371-6651  
PBarrett@CliftonPark.org

## **Senior Citizen Exemption Benefit for Property Taxes** *Applications filed with the Assessor's Office by March 1, 2023*

The Town of Clifton Park is currently working to ensure residents who are eligible for a Senior Citizen Exemption for their property taxes are notified of this opportunity. The Town Assessor's Office has sent letters directly to people who may be eligible. Please note the Senior Citizen Exemption is an additional benefit to the current STAR Exemption for eligible Seniors. If you have any questions about your possible eligibility as a Senior Citizen in our community, please contact the Assessor's Office at 518.371.6460.

If you believe you might qualify for the Senior Citizen Exemption you can request to have an application mailed to you or obtain the application by visiting the Assessor's Office.

Please see the basic eligibility requirements below.





1. If this property is your "primary residence" and you are at least 65 years old (or turning age 65 by March 1, 2023) you may qualify for the Senior Citizen Exemption.
2. Eligibility is based on the 2021 gross annual income of the owner(s) (including spouse). The maximum gross annual income limit is \$37,400.

The application must be filed in the Assessor's Office no later than *March 1, 2023*.

“Our Town Assessor's Office is working to help eligible Seniors attain the maximum benefit allowed by New York State for property tax relief, said Town Supervisor Phil Barrett. We will assist Seniors as they navigate the system and provide helpful information on their eligibility status.”

###

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Pasta Bake w/Meat Sauce Broccoli Wax Beans WW Dinner Roll Applesauce	<b>2</b> Meatloaf w/Gravy Mashed Potatoes Vegetable Trio Shortbread Cookies	<b>3</b> Turkey Chili White Rice Carrots Yogurt
<b>6</b> Pork Picatta Oven Brownd Potatoes Butternut Squash WW Dinner Roll Mandarin Oranges	<b>7</b> Shepherd's Pie Brussels Sprouts Warm Cranberry Crunch Peaches	<b>8</b> Chicken Florentine White Rice Peas & Carrots WW Dinner Roll Fruit Cocktail	<b>9</b> Swedish Meatballs Buttered Egg Noodles Broccoli SF Chocolate Pudding	<b>10</b> Seafood Newburg White Rice Mixed Vegetables Cornbread Fresh Orange
<b>13</b> Chicken Marsala Parmesan Noodles Peas & Carrots WW Dinner Roll Peaches	<b>14 Valentine's Special</b> Beef Tips in Gravy Garlic Mashed Potatoes Beets WW Dinner Roll Black Forest Cake	<b>15</b> Pork w/Cranberry Mustard sauce Red Bliss Potatoes Vegetable Trio Pears	<b>16</b> Five Spice Chicken Fried Rice Asian Blend Vegetables Whole Wheat Dinner Roll Fruit Cocktail	<b>17</b> Meatballs in Sauce Pasta w/Sauce Spinach Mandarin Oranges
<b>20 Closed</b> 	<b>21</b> Pork & White Bean Casserole Peas Warm Apple Crisp WW Dinner Roll	<b>22 Birthday Special</b> Eggplant Parmesan Pasta w/Marinara Sauce Broccoli Frosted Cake 	<b>23</b> Roast Turkey w/Gravy Mashed Potatoes Butternut Squash WW Dinner Roll Pears	<b>24</b> Breaded Fish Tartar Sauce Red Potatoes Brussels Sprouts Cornbread Fresh Apple
<b>27</b> Baked Chicken w/Gravy Oven Roasted Sweet Potato Vegetable Trio Whole Wheat Dinner Roll SF Chocolate Cookies	<b>28</b> Salisbury Steak w/Gravy Mashed Potatoes Corn Mandarin Oranges			

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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[homeofthegoodshepherd.com](http://homeofthegoodshepherd.com)

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Enhanced Assisted Living  
1786 Union Street  
Niskayuna, NY 12309  
**(518) 346-6935**

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OR

Call: 518-383-1343



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For information, call  
**(518) 641-3400 or 1-888-519-4455**  
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.

Capital District Physicians' Health Plan, Inc.  
CDPHP Universal Benefits,® Inc.



**A plan for life.**

This is an advertisement. Y0019\_16\_0864 Accepted



## Witecki Law Office

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



**Clifton Park Senior Community Center**  
**6 Clifton Common Court**  
**Clifton Park, NY 12065**  
**(518) 383-1343**

PRSRT STD  
 US POSTAGE PAID  
 Clifton Park, NY  
 Permit No. 58

**TO: CURRENT OCCUPANT OR**

**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.*

## 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.