



Clifton Park Senior Center

March 2023—Monthly Newsletter



The Snow Ball

Wednesday, March 15th - Doors open at 5:00pm
\$15 Members Only

FOOD PREPARED BY:

Home of the
Good Shepherd

- STUFFED MUSHROOMS
- PIGS IN A BLANKET
- FINGER SANDWICHES
- ASSORTMENT OF MINI CHEESECAKES & GOURMET CUPCAKES
- SCALLOPS WRAPPED IN BACON
- SWEET AND SOUR MEATBALLS
- FRUIT & CHEESE DISPLAY
- CRUDITE PLATTER

ENTERTAINMENT BY:

"Betsy and the ByGons"

Featuring the sounds of the 60s Girl Groups, hot Classic Rock and some selected rockin' country.



ST. "PATTIE'S"
DAY BREAKFAST
10:00AM

MARCH 17TH
-MEMBERS ONLY-
REGISTER AT THE
FRONT DESK.

"The Dice is Right"
St. Patrick's Day Party
12:30PM



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**

SPONSORED BY:



**COST:\$2.00
PER PERSON**

SAUSAGE PATTIE, EGG
& CHEESE SANDWICH
HASH BROWN
FRUIT

IF YOU BRING A \$1 LOTTERY TICKET TO BE
ADDED TO THE "LOTTERY TREE" YOU WILL
RECEIVE CHANCE TOWARD A DRAWING FOR
ALL OF THE TICKETS ON THE LOTTERY TREE.
REGISTER IN ADVANCE AS SPACE IS LIMITED.

DICE GAMES OR CRAFTS. CHOOSE TWO: LCR, DICE 3000,
BUNCO, NICKELS & DIMES, YAHTZEE, ETC., OR CRAFT.



FINAL MAILING

In an effort to keep membership fees low, newsletters will no longer be mailed. They can be viewed online and you may pick up a newsletter at the Senior Center or at the Town Hall.

**Any questions or concerns
please call us.
Thank you.**

Fashion Show at the Vista!

Located at the Van Patten Golf Course

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



- Open to the Community
- All are welcome!
- Amazing Luncheon
- Spring Fashion
- Silent Auction
- Door Prizes and more!

Enjoy an afternoon out with new and old friends.
Don't miss out! Get your Tickets today.

GLENNPETER JEWELERS
THE DIAMOND CENTRES



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, March 1	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
Saturday, March 4	10:00am- 2:00pm	Repair Café: Volunteer repair coaches will be available to help residents repair broken items free of charge. Tools and basic materials will be on hand. Bring your broken small electronics such as lamps, toasters, vacuums, coffee makers, wood items as furniture and toys, mechanical non-electric items, clothing and textiles, and computers with problems, and bikes needing tune-up.
Wednesday, March 8	4:00pm	*Free Entertainment for Seniors! Shenendehowa High School Theater Group Dress Rehearsal: Addams Family (Concessions available before & during intermission) at Shen HS East
Friday, March 10	1:00pm	Jewelry Making Class: \$3 cash supply fee paid at registration. Sample on display at front desk. Advanced Registration Required
Tuesday, March 14	9:30am- 11:30am	Light Mending with Patti: Drop In, Drop Off, and Pick Up later (Laundered Clothing Only)
Tuesday, March 14	2:00pm	Movies and Popcorn: Monster-In-Law: Determined to scare off her son's new fiancée, Viola (Jane Fonda) hatches a scheme to become the world's worst mother-in-law! Viola does everything she can to break up the happy couple, but when Charlie (Jennifer Lopez) decides to fight back, a wiled and hysterical battle of wits begins! Advanced Registration Required FREE
Wednesday, March 15	12:30pm	*EEE: Mt Sinai Light Health: Presenters will discuss several NIH-funded research projects currently underway to study the impact of light on older adults, especially those who may be experiencing mild memory loss. There will also be a demonstration of light fixtures used in these studies, conducted in the homes of study participants. Advanced Registration Required
Thursday, March 16	12:30pm	*Music at the Center: Backyard Brass: Six Trumpet players who came together in 2020 during the pandemic to play music. They play anything from classical to jazz to Broadway. You are welcome to come, sing along, tap your feet, and enjoy the Backyard Brass. FREE
Tuesday, March 21	12:30pm	The Senior Lunch Bunch is back! Dine with new friends or old friends at a different area restaurant each month. This Month: Casola Dining Room, Culinary Institute at Schenectady Community College— <i>Italian Cuisine</i> — Advanced Registration Required
Wednesday, March 22	12:30pm	*Music at the Center: Picking with a Purpose, "Chuck Oakes & the Acorns" These vintage players play folk, country, and bluegrass favorites. FREE
Thursdays, March 23 & 30	1:00pm	Crafts with Guest Crafter Mabel D: Flowerpot People: \$3 cash supply fee paid at registration. Sample on display at front desk. Advanced Registration Required—2 Session Class!
Monday, March 27	2:30pm- 4:00pm	*Living with a Loss: with Amy Burket: Community Hospice: Monthly Drop-in Program. There is no timetable for grieving; people grieve in their own way and heal at their own pace. You have the opportunity to talk about your loss and share your story with others with similar losses. Learn the signs of grief, self-care, & coping strategies. Fourth Monday-Upcoming dates: April 24
Wednesday, March 29	12:30pm	*EEE: Pizza and Medicare: Presented by OB1 Insurance: Find out about the Medicare Savings Program offered by the state and throughout the county, the benefits of the program and how it helps with Medicare, the new income limits for 2023, and how to apply. Advanced Registration Required FREE
Monday, May 8	9:00am- 4:00pm	*Defensive Driving Course sponsored by Armand Canestraro and the Empire Safety Council: \$31/person payable to Armand Canestraro. Please arrive 10 minutes early for registration and bring a pen, your drivers license, and lunch (or sign up for our daily lunch program!) Advanced Registration Required!

UPCOMING TRIPS

Thursday, April 13th: Jersey Tenors, Four Course Italian Luncheon and a Show, Aqua Turf Club, Plantsville, CT**Tuesday, May 9th: Elvis Tribute starring Gene DiNapoli, Four Course Luncheon and a Show,** Villa Roma, Callicoon, NY**Wednesday, September 13th: Resort World, Live Gaming, Buffet, an amazing show: Mamma Mia** and Shopping at Woodbury

Common Premium Outlets

Watch for more Trips soon!

M O N D A Y	<p>09:00am–10:00am: Tap Dance (3/6, 3/13, 3/20, 3/27) \$20</p> <p>09:45am–12:00pm: Discussion Group</p> <p>10:00am–10:45am: Jazz Dance (3/6, 3/13, 3/20, 3/27) \$16</p> <p>10:00am–11:00am: Chair Yoga w/Bonnie (3/6, 3/13, 3/20, 3/27) \$28</p> <p>11:00am–11:45pm: Beginner Clogging (3/6, 3/13, 3/20, 3/27) \$28</p> <p>12:00pm–12:45pm: Intermediate Clogging (3/6, 3/13, 3/20, 3/27) \$28</p> <p>12:30pm–03:30pm: Games: Rummikub</p> <p>01:00pm–02:00pm: Ukulele Group (No 3/6)</p> <p>01:00pm–03:00pm: Quilting Group</p> <p>01:15pm–02:15pm: Soulful Line Dancing (3/6, 3/13, 3/20, 3/27) \$15</p> <p>02:30pm–03:30pm: Healthy Bones for Life—<i>To register, call OFA 518-884-4100</i></p>	<p style="text-align: center;">SERVICES FOR YOU</p> <p>*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.</p> <p>*Free Legal Assistance offered through the Saratoga County Office for the Aging. Make an appointment by calling 518-884-4100.</p> <p>*Need COVID Tests and Masks? Request them at the front desk!</p>
T U E S D A Y	<p>09:00am–10:00am: Exercise to Tape</p> <p>09:00am–10:00am: Games: Billiards/Pool</p> <p>09:15am–10:15am: Yoga w/Deanna \$6 Members /\$8 Non-Members At the Center OR Join Zoom</p> <p>10:00am–12:00pm: Games: Dice (Dice 3000, LCR), 5 Crowns</p> <p>10:15am–11:15am: Evidence Based Qi-Gong & Tai Ji w/Bonnie (3/7, 3/14, 3/21, 3/28) \$28</p> <p>10:30am–12:00pm: Adult Coloring with Mary & Bob (<i>Every Tuesday</i>)</p> <p>11:30am–03:00pm: Games: Duplicate Bridge Group—Sanctioned \$7/week</p> <p>12:00pm–01:00pm: MVP Bokwa Dance Moves- (January 10th-March 14th)</p> <p>12:30pm–03:00pm: Games: Scrabble Cards: Hand & Foot</p> <p>01:00pm–03:00pm: Games: Ping Pong (<i>call for details</i>)</p>	<p style="text-align: center;">Come enjoy a day at the Southern Saratoga YMCA every First and Second Wednesday of the month! Just show your CPSC Card!</p> 
W E D N E S D A Y	<p>09:00am–10:00am: Exercise to Tape</p> <p>09:30am–11:30am: Investment Club (<i>2nd & 4th Wednesday</i>)</p> <p>10:05am–11:00am: Ukulele Group w/Ron At Center OR Online HERE For Song Sheets click: Here! (No 3/1, 3/8)</p> <p>10:00am–12:00pm: Games: Intermediate Bridge</p> <p>12:00pm–02:00pm: Bowling at <i>Spare Time</i> \$10/week for Shoes, 2 games, and lunch</p> <p>01:00pm–04:00pm: Knitting and Crocheting</p> <p>01:00pm–04:00pm: Games: Poker, Beginner Mahjong (Learn to Play)</p> <p>02:30pm–03:30pm: Healthy Bones for Life—<i>To register, call OFA 518-884-4100</i></p>	
T H U R S D A Y	<p>09:00am–10:00am: Exercise to Tape</p> <p>09:00am–10:00am: Games: Billiards/Pool</p> <p>10:00am–11:30am: Chorus (No 3/2)</p> <p>10:00am–12:00pm: Games: Rummikub</p> <p>10:15am–11:15am: Yoga w/Deanna \$6 member/\$8 non-member At the Center OR Join Zoom</p> <p>10:30am–12:30pm: Mixed-Media Watercolors & Acrylics w/Mary F \$6/class (<i>paid to instructor</i>) (3/2, 3/16, 3/30)</p> <p>12:30pm–04:00pm: Games: Pinochle</p> <p>01:00pm–03:00pm: Games: Ping Pong (<i>call for details</i>)</p> <p>01:00pm–04:00pm: Games: Mahjong</p>	
F R I D A Y	<p>09:00am–10:00am: Tap Dance—<i>Advanced</i> (3/3, 3/10, 3/17, 3/24, 3/31) \$25</p> <p>09:00am–10:55am: Orchestra</p> <p>09:15am–12:00pm: Woodcarving</p> <p>10:00am–10:45am: Ballet Class (3/3, 3/10, 3/17, 3/24, 3/31) \$20</p> <p>10:00am–12:00pm: Games: Dominoes/Mexican Train</p> <p>10:55am–12:30pm: Big Jazz Band</p> <p>12:30pm–02:00pm: Games: Bingo Cards: 5 Crowns, Canasta</p> <p>01:00pm–02:30pm: Jewelry Making Class (<i>2nd & 4th Friday</i>)</p> <p>01:00pm–04:00pm: Games: Learn to Play: Splendor (Board Game) NEW</p> <p>01:15pm–02:15pm: Latin Line Dancing (3/3, 3/10, 3/17, 3/24, 3/31) \$15</p> <p>02:30pm–03:30pm: Healthy Bones for Life—<i>To register, call OFA 518-884-4100</i></p>	<p style="text-align: center;">THANK YOU</p> <p>...to Townley and Wheeler for the beautiful flowers. They brightened up our days as we shared them with others for "Random Acts of Kindness."</p> <p>...to the Volunteers that assisted with our service projects for Peregrine and our Fire Departments Volunteers. We made cards and gifts for both.</p> <p>...to Girl Scout Troop 3879 and Shenendehowa Elementary Schools for the handmade Valentine's Day treats, bracelets, and cards.</p>

Do you like to sing?

Join our Senior Center Chorus.

They meet every Thursday at 10am!

All voices are needed!

Do you like to Drive?

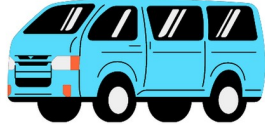
Are you age 55 or older?

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.



Miss the book sale?

We have weekly sales here in the lobby!!!

\$0.50 for Paperbacks/

\$1.00 for Hardcover

FORGET-ME-NOT SHOPPE

Check out our new items: Jewelry, Seatbelt Covers, Adult Bibs, Walker Bags, Baby Sweaters, and more.

Looking to advertise in this Newsletter?

Contact Don Ryan

Email: dryan@cliftonpark.org

OR

Call: 518-383-1343

THE AARP TAX PROGRAM IS BACK!

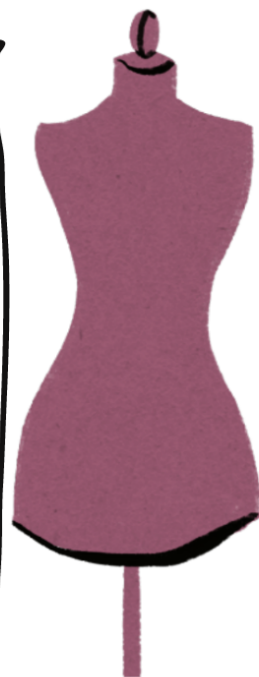
TaxAide, the free income tax assistance program sponsored by AARP Foundation and the IRS, will be offering free income tax services again this year! All appointments must be made in person at the front desk. We will provide you with a packet of important information.

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.

AARPSM
Tax-AideTM

Senior Center Fashion Show

Luncheon at "The Vista"



Sunday, April 23, 2023

12:00pm - 4:00pm

\$40
Members

\$45
Non-Members



Enjoy a delicious three course sit down luncheon of fresh garden salad, rolls & butter, choice of entrée, apple crisp, coffee, and tea included.

Entrée Choices:

Chicken Piccata (GF)

Bistro Steak (GF)

Grilled Salmon Filet, Sauce Béarnaise (GF)

Pasta Primavera (VEG)

Door prizes, table prizes, and special raffles!

Fashions and Jewelry from:

Boscov's

*Glennpeter
Jewelers*

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OPEN TO THE PUBLIC!

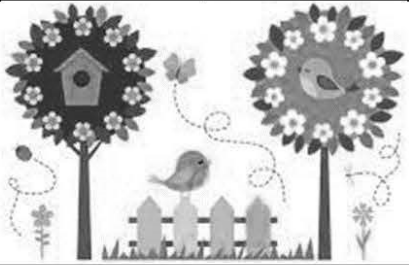


Tickets are available for purchase at:

Clifton Park Senior Center, 6 Clifton Common Ct, Clifton Park

518-383-1343

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

To sign up for the Daily Lunch Program, call the Clifton Park Senior Center and ask for the Kitchen: 518-383-1343

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Roast Pork w/Gravy Mashed Potatoes Beets Mandarin Oranges	2 Italian Stew White Rice Green Beans WW Dinner Roll SF Vanilla Pudding	3 Tuna Noodle Casserole Peas & Carrots Broccoli Corn Muffin Banana
6 Stuffed Cabbage Casserole Spinach Warm Apple Crisp WW Dinner Roll Pears	7 Ranch Chicken Oven Roasted Potatoes Mixed Peppers & Onions Cornbread Peaches	8 Pasta Bake w/Meat Sauce Broccoli Wax Beans WW Dinner Roll Applesauce	9 Meatloaf w/Gravy Mashed Potatoes Vegetable Trio Shortbread Cookies	10 Vegetarian Bean Chili White Rice Carrots Yogurt Fresh Orange
13 Pork Picatta Oven Roasted Potatoes Butternut Squash WW Dinner Roll Mandarin Oranges	14 Shepherd's Pie Spinach Warm Cranberry Crunch Applesauce	15 Chicken Florentine White Rice Beets WW Dinner Roll Fruit Cocktail	16 St. Patrick's Day Special Corned Beef & Cabbage Red Potatoes Carrots Rye Dinner Roll Green Frosted Chocolate Cake 	17 Seafood Newburg White Rice California Blend Vegetables Cornbread Peaches
20 Spanish Beef & Rice Casserole Carrots Warm Peach Crisp SF Jell-O Cup	21 Chicken Marsala Parmesan Noodles Peas & Onions WW Dinner Roll Mandarin Oranges	22 Pork Loin w/Cranberry Mustard Sauce Red Bliss Potato Vegetable Trio Pears	23 Five Spice Chicken Fried Rice Asian Blend Vegetables WW Dinner Roll Pineapple	24 Breaded Fish w/Dijon Sauce Mashed Potatoes Brussels Sprouts Fresh Apple
27 Chicken Divan White Rice Mixed Vegetables Pears	28 Pork w/Tarragon Sauce Mashed Sweet Potato Green Beans WW Dinner Roll Fruit Cocktail	29 Birthday Special Swiss Steak Buttered Egg Noodles Vegetable Trio Frosted Cake 	30 Lower Sodium Ham Au Gratin Potatoes Spinach Fresh Orange	31 Eggplant Parmesan Pasta w/Marinara Sauce Broccoli WW Dinner Roll Yogurt

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**

Chuck Oakes & the Acorns



Returning March 22nd 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.

Musical Performance by The Backyard Brass



March 16th
at 12:30pm



Six trumpets is not the usual configuration for a brass "quintet", but we've made it work by adapting trios, quartets and have commissioned some works for the four or five of us that span classical to jazz to Broadway. For example our program might include "America", from Leonard Bernstein's West Side Story, "Hornpipe", from Handel's Water Music, a medley of songs by George Gershwin, "Alexander's Ragtime Band," by Irving Berlin, and Duke Ellington's, "It Don't Mean a Thing". These are just examples: our repertoire is eclectic and is selected for our audience. We hope you will enjoy it and welcome you to sing along, tap your feet and enjoy the Backyard Brass!



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

SSAS is sponsoring Shenendehowa High School Students' selected artwork for display during March. There will be 30 pieces on display in a variety of media, including acrylic paintings, watercolor, photographs, drawings, etchings, mixed-media and collage. Several of the students are seniors and will be attending art school in the fall. If you need to lift your spirits, take a few minutes and see the world through a teenager's eyes.



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.



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"We do not offer every plan in your area. Any information we provide is limited to those plans we do offer in your area. Contact medicare.gov or 1-800-MEDICARE to get information on all of your plan options."

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- Queensbury - The Glen at Hiland Meadows • Slingerlands - Beverwyck



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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.

CDPHP® is a health plan with a Medicare contract. Enrollment in CDPHP Medicare Choices depends on contract renewal.

Capital District Physicians' Health Plan, Inc.
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(518) 346-6935

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Monday-Friday, 8 am-8 pm Eastern Time.



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 \$1.80 convenience fee for online renewals.



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. Walowitz:	lwalowitz@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.