



Clifton Park Senior Center



July 2023—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**

DEFENSIVE DRIVING COURSE

PRESENTED BY: ARMAND CANESTRARO,
EMPIRE SAFETY COUNCIL

\$31.00 Fee: Check Only
Payable to "Armand Canestraro"

**THURSDAY, AUGUST 24TH
9:00AM-4:00PM**

Upcoming Center Closings:

Independence Day

Tuesday, July 4th

OPEN HOUSE

Wednesday, August 16th

1:00pm-3:00pm

Are you a new member? Not yet a member?

Know someone who might like to join us?

Come and meet some of our instructors and learn about the many programs & classes we have to offer!

There will be class demonstrations!

Light Refreshments!

Advanced Registration Required!

Event Sponsored by:



CLIFTON PARK SENIOR CENTER BOOK SALE

SALE OPEN TO THE PUBLIC!

SATURDAY, JULY 29TH

09:00AM-04:00PM

Join us for our Annual Book Sale July 29th. Thousands of books for sale!

Paperbacks for \$0.50

Hardcovers for \$1.00

Puzzles, CDs, and DVDs too!

Sorry, but at this time, we will not be taking any more donations for the Book Sale. Donations will resume after the book sale!

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

Tuesdays, July 11, July 18, July 25 **NEW DAY**	11:00am-12:00pm	Introductory Acoustic Guitar Lessons: with Brian Dufrense from Humana Bring a guitar -if you have one- and learn how to play! There will be extra guitars on-hand. Limit 3-4 students 4 Week Session: Advanced Registration Required FREE
Wednesday, July 5	11:00am-1:00pm	Computer Assistance: with Chip from CORE Real Estate Having trouble with your computer or other device? Bring your device in and we will find a solution. Advanced Registration Required
Tuesday, July 11	9:30am	Light Mending with Patti: Drop In, Drop Off, Pick Up later – 2-3 items – bring supplies if needed (buttons, etc.) Laundered Clothing Items Only
Friday, July 7 and July 21	12:30pm	*Beginner Latin Line Dancing: Come by and learn some of the moves for Latin Line Dance! This Month Only!! Dates: <u>July 7th and July 21st</u> . Sign up today for FREE!! Open to the Public, so invite some friends! Limit to 12 participants!
Tuesday, July 13	12:00pm	Senior Lunch Bunch: The Docksider at Glen Lake, Lake George: Early Registration Required <i>Space is limited.</i> Email Linda LNOVAK2@nycap.rr.com or see her Wednesdays at the Center
Monday, July 17	11:00am-12:00pm	*Farmer's Market Coupons: Each Booklet Value is \$25.00 that are good for fresh fruits and vegetables at local participating Farmer's Market Vendors. For more information, call the Office for Aging and Youth Services: 518-884-4100
Saturday, July 22 (Tentative Date)	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 nonelectric items, clothing and textiles, and computers with problems, and bikes needing tune-up.
Tuesday, July 25	1:30pm-3:30pm	*Musical Jam with Chuck Oakes: We all have enjoyed hearing Chuck Oakes & The Acorns and now they are hosting a jam at our Center for all to enjoy. Whether you play an instrument or just want to listen. If you enjoy acoustic music...stop by on the Fourth Tuesday of every month
Thursday, July 27	12:30pm	*EEE: Shades of Blue: Older adults and Depression: Depression is not a natural part of getting older. This presentation will distinguish between healthy feeling of "being blue" and concerning symptoms of depression. It will offer a conversation about mental health wellness and suicide prevention. Advanced Registration Required
Monday, July 31	2:30pm-4:00pm	*Living with a Loss: with Mary Beth Bradshaw, LMSW: 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.



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

SSAS will be hosting an exhibit in the Gallery during the months of June and July featuring the work of artist and SSAS member Frank Coletta. His artwork will include realistic landscape drawings in pen & ink depicting the beauty of the Hudson Valley area and flower drawings in colored pencil and ink. Mr. Coletta is an accomplished artist who has shown nationally and locally.

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 518-884-4100.
- ***Need COVID Tests and Masks?** Ask at our front desk!
- *We 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 in at the Center to pick up a DETERRA drug deactivation system provided by NYS. This is a safe, convenient and effective way to discard unneeded meds.
- ***Would you like to Volunteer at the Center?** Opportunities include Front Desk Ambassador, Senior Dinners, Special Programs, Food Pickup, etc. Let us know!

M O N D A Y	09:00am–10:00am: Tap Dance (No 7/3) (7/10, 7/17, 7/24, 7/31) \$20.00
	09:45am–12:00pm: Discussion Group
	10:00am–10:45am: Jazz Dance (No 7/3) (7/10, 7/17, 7/24, 7/31) \$16.00
	10:00am–12:00pm: Bocce Ball
	10:00am–11:00am: Chair Yoga w/ Bonnie (No 7/3) (7/10, 7/17, 7/24, 7/31) \$28.00
	12:30pm–03:30pm: Games: Rummikub
	01:00pm–02:00pm: Ukulele Group
	01:00pm–03:00pm: Quilting Group
	01:15pm–02:15pm: Soulful Line Dance (No 7/10) (7/3, 7/17, 7/24, 7/31) \$15.00
	02:30pm–03:30pm: Healthy Bones for Life— <i>To register, call Office For the Aging 518-884-4100</i>
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 \$6.00 Members /\$8.00 Non-Members At the Center OR Join Zoom
	10:00am–12:00pm: Games: Dice (Dice 3000, LCR), 5 Crowns
	10:15am–11:15am: Evidence Based Qi-Gong & Tai Ji w/ Bonnie (No 7/4) (7/11, 7/18, 7/25) \$21.00
	10:30am–12:00pm: Adult Coloring with Mary & Bob
	11:30am–03:00pm: Games: Duplicate Bridge Group—Sanctioned \$7.00/week
	12:30pm–03:00pm: Games: Scrabble; Cards: Hand & Foot
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, Nickels and Dimes (First Wednesday)
	01:00pm–04:00pm: Knitting and Crocheting
	01:00pm–04:00pm: Games: Poker, Beginner Mahjong
T H U R S D A Y	09:00am–10:00am: Exercise to Tape
	09:00am–10:00am: Games: Billiards/Pool
	10:00am–12:00pm: Games: Rummikub
	10:15am–11:15am: Yoga w/Deanna \$6.00 member/\$8.00 non-member At the Center OR Join Zoom
	12:30pm–04:00pm: Games: Pinochle, Rummikub
	01:00pm–04:00pm: Games: Mahjong
F R I D A Y	09:00am–10:00am: Tap Dance— <i>Advanced</i> (7/7, 7/14, 7/21, 7/28) \$20.00
	09:15am–12:00pm: Woodcarving
	10:00am–10:45am: Ballet Class (7/7, 7/14, 7/21, 7/28) \$16.00
	10:00am–12:00pm: Bocce Ball
	10:00am–12:00pm: Games: Dominoes/Mexican Train
	12:30pm–02:15pm: Games: Bingo
	12:30pm–04:00pm: Cards: 5 Crowns
	01:00pm–04:00pm: Games: Splendor
01:15pm–02:15pm: Latin Line Dancing (7/7, 7/14, 7/21, 7/28) \$15.00	
02:30pm–03:30pm: Healthy Bones for Life— <i>To register, call Office For the Aging 518-884-4100</i>	

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

Thank You



...Our Big Band Concert treated us with some wonderful entertainment in June. Many of you baked some wonderful treats for this event. Thank you!

...Sorrentino's Deli, again, provided Hotdogs and Buns for our Father's Day potluck luncheon. Thank you to all for the wonderful side dishes.



...Thank you to CDPHP for sponsoring our June Dinner. The delicious food was catered by Classic Crust in Jonesville, and we were entertained by DJ Ernie Apisa from Tri-City Illusions. It was a wonderful time had by all. We danced and danced!

UPCOMING TRIPS

PLEASE REGISTER FOR ALL TRIPS AS SOON AS POSSIBLE - SPACE IS LIMITED.

FRIDAY, JULY 14



WAIT LIST ONLY

**SPIRIT OF THE
ETHAN ALLEN CRUISE**

7:45am Departure - 7:30pm Return
\$79 Members / \$89 Non-Members

ALSO ENJOY:
Shopping on Church Street
in Burlington, VT and
optional Ben & Jerry's Tour

THURSDAY, JULY 20



WAIT LIST ONLY

**HALL OF SPRINGS
LUNCHEON AND NYC
BALLET AT SPAC**

11:30am Lunch and
2:00pm Ballet
\$26 -SPAC Only OR
\$67 Luncheon & Ballet

FRIDAY, AUGUST 18



WAIT LIST ONLY

**ESSEX STEAM TRAIN
AND RIVERBOAT**

7:45am Departure - 7:00pm Return
\$110 Members / \$120 Non-Members

WEDNESDAY, AUGUST 30



**BREAKFAST AT
THE TRACK**

7:00am Departure
\$30 Per Person

Includes a Stable Tour
and an *optional* Historic
Walking Tour (addtl charge)

WEDNESDAY, SEPTEMBER 13TH:



WAIT LIST ONLY

**RESORT WORLD
IN MONTICELLO**

8:00am Departure-9:00pm Return
\$115 Members/ \$125 Non-Members

ALSO ENJOY:
Shopping Woodbury Common
Premium Outlets on the
way home.

Includes: \$25 Slot Play and Private Lunch Buffet:
Country Fresh Salad Bar,
Baked Chicken Breast, Penne Ala Vodka,
Mamma Mia's Meat Balls, Dessert and Soft Drinks

SUNDAY, SEPTEMBER 24




**BEARDSLEE CASTLE
MURDER MYSTERY**

9:30am Departure - 5:30pm Return
\$80 Members / \$90 Non-Members

Presented by The Acme
Mystery Company

WEDNESDAY, OCTOBER 11



**WEST POINT TOUR
& A LUNCHEON AT
THAYER HOTEL**

8:00am Departure - 6:30pm Return
\$106 Members / \$116 Non-Members

Along with a trip to
Brotherhood Winery

West Point
The United States Military Academy

OCTOBER 16TH - 18TH



MULTI-DAY TRIP TO THE FINGER LAKES

3 Days - 2 Nights
Price: \$579 Double
+\$150 Single
+\$30 for Non-Members



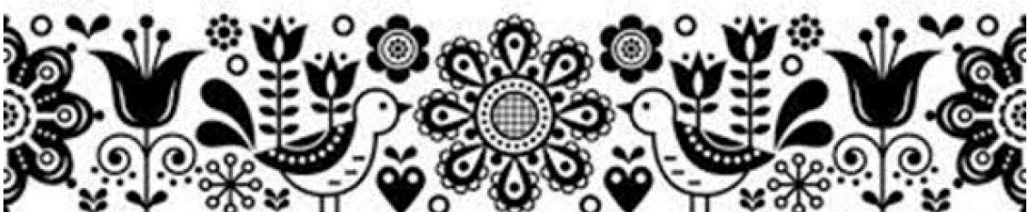
.....
Lunch at Belhurst Castle,
Corning Museum of Glass,
Sonnenberg Gardens,
Captain Bills Seneca Lake
Cruise + Entertainment

Register at the Front Desk today!

CASH / CHECK / CREDIT

Checks are payable to **Town of Clifton Park**

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 July 4th Special Hot Dog w/Sauerkraut on Bun Baked Beans Creamed Corn Patriotic Cake	4 Closed 	5 Orange Ginger Chicken White Rice Asian Blend Vegetables WW Dinner Roll Yogurt	6 Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Mandarin Oranges	7 Pulled BBQ Pork on Roll Red Cabbage Carrots SF Oatmeal Cookies
10 Chicken w/Curry Cream Sauce Rice Broccoli WW Dinner Roll Pears	11 Roast Pork w/Gravy Mashed Potatoes Spinach Applesauce	12 Stuffed Shells w/Meat Sauce Vegetable Trio Warm Peach Crisp	13 Chicken A La King Buttered Egg Noodles Carrots WW Dinner Roll Mandarin Oranges	14 Meatball Sub Mixed Vegetables Cauliflower Fruit Cocktail
17 Italian Sausage w/Peppers & Onions on Roll Home Fries Spinach Banana	18 BBQ Chicken White Rice Vegetable Trio WW Dinner Roll Yogurt	19 Breaded Fish w/Dijon Sauce Oven Roasted Potatoes Peas & Carrots Mandarin Oranges	20 Beef Enchilada Casserole Yellow Squash Green Beans Corn Muffin Fruit Cocktail	21 Oven Fried Chicken w/Gravy Mashed Potatoes Broccoli WW Dinner Roll Peaches
24 Chicken w/Lemon Sauce Buttered Egg Noodles California Blend Vegetables WW Dinner Roll Applesauce	25 Mushroom& Onion Smothered Beef Patty w/ Gravy Mashed Potatoes Peas & Carrots Mandarin Oranges	26 Birthday Special Chicken Salad Sandwich on Roll Coleslaw Tomato & Cucumber Salad LS Potato Chips Frosted Cake 	27 Sweet & Sour Pork White Rice Asian Blend vegetables Pears	28 Turkey Tetraxini Stewed Tomatoes Mixed Vegetables WW Dinner Roll Fresh Peach
31 BBQ Pork Loin Oven Roasted Sweet Potatoes Cabbage Pumpkin Muffin Applesauce				

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**

To sign up for the Gather and Dine Lunch Program at the Senior Center,
call 518-383-1343
by Noon the day *before* you intend to come to Lunch.

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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.

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CDPHP Universal Benefits,® Inc.



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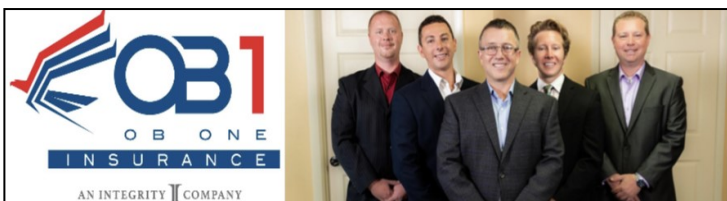
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- Peregrine Delmar Place**
Assisted Living
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Witecki Law Office

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.



BlueShield of Northeastern New York

Call: 1-877-258-7453 (TTY 711)

Visit: bsneny.com/medicare

BlueShield of Northeastern New York is a division of HealthNow New York Inc., an independent licensee of the Blue Cross and the Blue Shield Association.

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▶ Call us today!

<p>Brookdale East Niskayuna Alzheimer's & Dementia Care 2861 Troy-Schenectady Road Niskayuna, NY 12309 (518) 782-7381</p>	<p>Brookdale Niskayuna Enhanced Assisted Living 1786 Union Street Niskayuna, NY 12309 (518) 346-6935</p>
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Bringing New Life to Senior Living®  brookdale.com



"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.



SIX EXCEPTIONAL COMMUNITIES LOCATED IN:
Niskayuna - Glen Eddy • **Latham** - Marjorie Doyle Rockwell Center
Troy - Beechwood at Eddy Memorial • **East Greenbush** - Eddy Hawthorne Ridge
Queensbury - The Glen at Hiland Meadows • **Slingerlands** - Beverwyck

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MALTA 26 Rock Rose Way Malta, NY (518) 581-2800	MOREAU 198 Bluebird Rd. Moreau, NY (518) 792-1000	SARATOGA 400 Church Street Saratoga Springs, NY (518) 450-7360	WILTON 60 Waller Rd. Wilton, NY (518) 580-0702
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homeofthegoodshepherd.com



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

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.