



Clifton Park Senior Center

August 2023—Monthly Newsletter



Come join us for an **OPEN HOUSE** For New or Prospective Members!

Wednesday, August 16
Starting at 1:00pm

Event sponsored by:



.....
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!

.....

**THIS IS THE PLACE FOR INDEPENDENT SENIORS TO MAKE NEW
FRIENDS, TRY NEW THINGS, DANCE, EXERCISE, PLAY GAMES,
AND HAVE SOME FUN!**

**6 Clifton Common Court,
Clifton Park, NY 12065**

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**

Labor Day Potluck Party

Monday August 28
10am-1:30pm

Games &

Music by the Acorns at 12:30pm

Preregister at the front desk

Upcoming Center Closings:

Labor Day

Monday, September 4

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, August 1, 8, 15, 22, 29	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 5 Week Session: Advanced Registration Required FREE
Wednesday, August 2	11:00am-1:00pm	Computer Assistance: with Chip from CORE Real Estate Having trouble with your computer or device? Bring your device in & we will find a solution. Advanced Registration Required
Friday, August 4 & 18	1:00pm-4:00pm	Learn to Play Puerto Rico: (Strategy Card Game): Fridays, opposite Splendor. NEW!! Come Learn a new game! Advanced Registration Required
Tuesday, August 8	9:30am-11:30am	Light Mending with Patti: Drop In, Drop Off, Pick Up later – 2-3 items – bring supplies if needed (buttons, etc.) Laundered Clothing Items Only
Wednesday, August 9	9:30am-11:30am	*It's Game Time!: Stop by and play some games with local students! Rain or Shine. Scrabble, Chess, Checkers, Corn Hole, Croquet, Horseshoes, Bocce, and many more! Sign up today!
Friday, August 11	11:00am-12:00pm	*EEE: Protections for American Seniors in the Inflation Reduction Act of 2022– Congressman Tonko's Informational Event – How this new law can benefit with lower costs of prescription drugs for American Seniors.
Tuesday, August 22	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, every month
Wednesdays, August 23 & 30, September 6 & 13 *OR \$70 all four weeks	9:00am-10:30am NEW!!	Intro to Pickleball: Instructor-Led at the YMCA, Clifton Park: It's the latest thing... A great way for brand new players to learn the sport, receive 90 minutes of instruction. Learn the basics. We will cover equipment, unique lingo, score keeping, court position, and the fundamentals of serve, return, and the volley. \$20 per class* Max of 8 people. Advanced Registration Required – CPSCC members only –YMCA membership is not required
Thursday, August 24	9:00am-4:00pm	*Defensive Driving Course with Armand Canestraro and the Empire Safety Council: \$31/person payable to Armand Canestraro. Please arrive 10 minutes early for registration. Bring a pen & your driver's license. Advanced Registration Required!
Thursday, August 24	12:00pm	Senior Lunch Bunch: Jacob & Anthony's, Albany: Early Registration Required <i>Space is limited. Email Linda LNOVAK2@nycap.rr.com or see her Wednesdays at the Center</i>
Monday, August 28	2:30pm-4:00pm	*Living with a Loss: with Mary Beth Bradshaw, LMSW: Community Hospice: Last Monday 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.
Tuesday, August 29	1:00 pm-2:00 pm	*Collette Tours – Travel Presentations: Where do you want to go in 2024? Learn about these two amazing trips. America's Music Cities: Nashville, Memphis, New Orleans 7 nights - March 10-17, 2024 South Dakota: Mount Rushmore, Crazy Horse, The Badlands National Park, Deadwood. 6 nights/1 hotel – September 18-24, 2024.
Tuesday, September 19 the first and third Tuesday's	1:00 pm-3:00 pm	Oil painters/All painters welcome: Come join us for an open studio , meet other artists and practice your own techniques. No formal instruction. If you'd like, a discussion group can take place periodically to consider your painting & brainstorming exchange of ideas/methods.

SERVICES FOR YOU***The Gather & Dine Daily Lunch Program** Reserve by Noon the day before at 383-1343. Click [HERE](#)***Free Legal Assistance** offered through Saratoga County Office for the Aging. Make an appointment 518-884-4100.*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,

M O N D A Y	<p>09:45am-12:00pm: Discussion Group</p> <p>10:00am-12:00pm: Bocce Ball</p> <p>10:00am-11:00am: Chair Yoga w/ Sharon (8/7, 8/14, 8/21, 8/28) \$28.00</p> <p>12:30pm-03:30pm: Games: Rummikub</p> <p>01:00pm-02:00pm: Ukulele Group (No class until 8/14)</p> <p>01:15pm-02:15pm: Soulful Line Dance (8/7, 8/14, 8/21, 8/28) \$15.00</p> <p>02:30pm-03:30pm: Healthy Bones for Life—<i>To register, call Office For the Aging 518-884-4100</i></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 \$6.00 Members /\$8.00 Non-Members At the Center OR Join Zoom</p> <p>10:00am-12:00pm: Games: Dice (Dice 3000, LCR), 5 Crowns</p> <p>10:30am-12:00pm: Adult Coloring with Mary & Bob</p> <p>11:30am-03:00pm: Games: Duplicate Bridge Group—Sanctioned \$7.00/week</p> <p>12:30pm-03:00pm: Games: Scrabble; Cards: Hand & Foot</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 class until 8/23)</p> <p>10:00am-12:00pm: Games: Intermediate Bridge, Nickels and Dimes (First Wednesday)</p> <p>01:00pm-04:00pm: Knitting and Crocheting</p> <p>01:00pm-04:00pm: Games: Poker, Beginner Mahjong</p> <p>02:30pm-03:30pm: Healthy Bones for Life—<i>To register, call Office For the Aging 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: (Begins 8/31)</p> <p>10:00am-12:00pm: Games: Rummikub</p> <p>10:15am-11:15am: Yoga w/Deanna \$6.00 member/\$8.00 non-member At the Center OR Join Zoom</p> <p>12:30pm-04:00pm: Games: Pinochle, Rummikub</p> <p>01:00pm-04:00pm: Games: Mahjong</p>
F R I D A Y	<p>09:15am-12:00pm: Woodcarving</p> <p>10:00am-12:00pm: Bocce Ball</p> <p>10:00am-12:00pm: Games: Dominoes/Mexican Train</p> <p>12:30pm-02:15pm: Games: Bingo</p> <p>12:30pm-04:00pm: Cards: 5 Crowns</p> <p>01:00pm-04:00pm: Games: Splendor/Learn to Play Puerto Rico <i>(Every-other week)</i></p> <p>01:15pm-02:15pm: Latin Line Dancing (8/4, 8/11, 8/18, 8/25) \$15.00</p> <p>02:30pm-03:30pm: Healthy Bones for Life—<i>To register, call Office For the Aging 518-884-4100</i></p>

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

Thank You

...to Janet C, Sue A, Molly S, Linda B, and the Book Sale Volunteer Team!

...to Patti B for her sewing wizardry.

...and a Big Shout-out to all our amazing volunteers for all that they do!

You Got This Donovan!

We are sorry that you're leaving – you will be missed.

This is a new and exciting opportunity and Saratoga County Office For the Aging is lucky to have you!

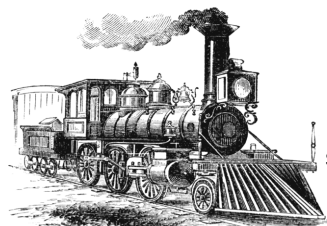
Thank you for being such an important part of our family these past six years. We couldn't have accomplished what we've done without you.

Wishing you the best in your new job.
Congratulations!

UPCOMING TRIPS

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

FRIDAY, AUGUST 18



ESSEX STEAM TRAIN AND RIVERBOAT

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

WAIT LIST ONLY

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:



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

WAIT LIST ONLY

SUNDAY, SEPTEMBER 24

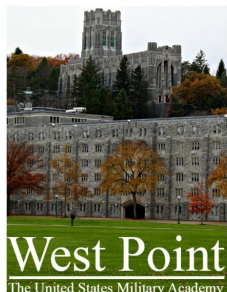


BEARDSLEE CASTLE MURDER MYSTERY

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

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

WEDNESDAY, NOVEMBER 8



HYDE PARK - FDR HOME & LIBRARY THE CULINARY INSTITUTE

8:00am Departure - 5:30 Return
\$95 Members / \$105 Non-Members

THURSDAY, DECEMBER 7



THE BUDDY HOLLY- HOLIDAY SHOW & THE TURNING STONE CASINO

8:00am Departure - 6:45 Return
\$78 Members / \$88 Non-Members

Enjoy \$25 slot play,
\$5 food credit, & this
Matinee show

Collette Tours – Travel Presentations: Where do you want to go in 2024?

Learn about these two amazing trips. **August 29 1pm**

America's Music Cities: Nashville, Memphis, New Orleans 7 nights - March 10-17, 2024

South Dakota: Mount Rushmore, Crazy Horse, The Badlands National Park, Deadwood. 6 nights/1 hotel – September 18-24, 2024.

Register at the Front Desk today!

CASH / CHECK / CREDIT

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

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

SSAS will be hosting an exhibit in the Gallery during August & September featuring the work of artist and SSAS member, Jo Weatherwax. She will show an educational display of this fine art whose material consists of natural or synthetic fiber or other components such as fabric or yarn.

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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!

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



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





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.