



Clifton Park Senior Center



January 2024—Monthly Newsletter

Center Hours

Monday-Friday, 9am-4pm
6 Clifton Common Court,
Clifton Park, NY 12065
518-383-1343

sunshine committee



Do you know a member who could use an extra ray of sunshine? The Sunshine Committee will send a card or make a phone call to let them know that they are in our thoughts and are special to us.

Contact Patti B. or leave information at the Front Desk.

Center Closing

NEW YEARS DAY

Monday, January 1, 2024

MARTIN LUTHER KING JR. DAY

Monday, January 15, 2024

Inclement Weather Schedule

We follow the Shenendehowa School District for closings and delays. If school is closed or delayed, we follow the same schedule.

The beginning of a new year brings with it a sense of optimism and hope for the future. The team at the Town of Clifton Park is looking forward to a successful and meaningful year ahead.

When the Covid Pandemic negatively impacted our society, the membership levels of the Clifton Park Senior Community Center dropped substantially after growing from the 620 members in place when the Town assumed operational responsibility of the Center in December of 2016. Membership has continued to gradually grow following the pandemic and by the end of 2023 we had reached the level we achieved prior to the pandemic of 1,400 members. The spirit and energy of the Center have never wavered. We are very pleased many people have returned to active membership and new members have made the Center an important part of their lives.

In 2023, our CPSCC Staff continued to work hard on your behalf as we welcomed Stacie Agostino. In addition to the great work of our staff, we thank the hard-working volunteers who play a large role in our ability to accomplish our mission of serving you!

Thank you for your continued support of the Center and we wish you a happy and healthy 2024!

Sincerely,



Phil Barrett
Town of Clifton Park, Town Supervisor
Saratoga County, Member of Board of Supervisors

CLIFTON PARK SENIOR COMMUNITY CENTER COVID - 19 PROTOCOL

IF YOU TEST POSITIVE:

STAY HOME FOR AT LEAST FIVE DAYS

Monitor your symptoms, avoid contact with others, and notify the Senior Center.

ISOLATE

You may end isolation after 5 days if you are fever free for 24 hours; continue to isolate if fever persists.

UNTIL AT LEAST DAY 11

Avoid your friends at the Clifton Park Senior Center and others who are more likely to get very sick from COVID-19.

DITCH THE MASK!

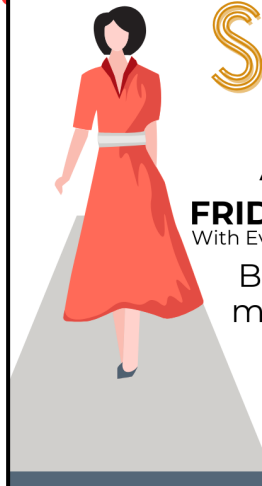
After 11 days and symptom free, come back to the Senior Center; mask optional.

*CDC GUIDELINES

CONTACT YOUR PHARMACY TO SCHEDULE A COVID VACCINE

LET'S STAY SAFE!

FASHION SHOW @ THE VISTA



PLANNING MEETING AT THE SENIOR CENTER

FRIDAY, JANUARY 19 AT 1:00PM

With Event Chairs, Linda Novak and Rosemary O'Donnell

Bring your ideas as we will need many hands to once again make this show a great success!

Join the committee; we'll discuss vendors, models, decorations, auction items, and more.

SIGN UP AT THE FRONT DESK IF YOU PLAN TO ATTEND

Tuesdays, January 2, 9, 16, 23, 30	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: Registration required. FREE
Tuesday, Jan. 2 & 16 1st and 3rd Tuesdays	1:00 pm- 3:00 pm	All painters welcome: Come and join Cynthia for an open studio, meet other artists and practice your own techniques. No formal instruction. A discussion group can take place periodically to consider your painting & brainstorming exchange of ideas/methods. Registration required. FREE.
Wednesday, January 3	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. Registration required. FREE.
Mondays & Thursdays in January		Indoor Games: Come inside and play bocce, ping pong and cornhole; every Monday at 2:15pm and Thursday at 1:00pm. Equipment provided. Registration required. FREE.
Friday, January 5	2:30pm	Computer Skills Tutoring: Join Shenendehowa HS Seniors as they show you what your computer, tablet and phone can do for you; from making life easier with Google calendars to more advanced skills. What do you want to learn? Registration required. FREE.
Tuesday, January 9	12:00pm	Medicare Q&A with Brian: Come and chat with Brian from Humana in the Senior Center lobby Tuesday afternoons about your Medicare options; informal, no registration required.
Tuesdays, NEW! January 9, 16, 23, 30	1:00pm- 2:00pm	Ice Skating: the Clifton Park Ice Arena in Clifton Commons is open for Senior Skate—enjoy an hour on the ice free from younger skating obstacles! Pre-registration required. \$12 cash fee/week or \$40 for the month; includes skate rental. (<i>Minimum of 12 skaters</i>)
Tuesday, January 9	2:00pm- 3:30pm	Ring in the New Year! Let's party like it's 2024 with music, dancing and a bubbly toast—beads, hats and glitter encouraged! We'll provide lite fare; bring a treat to share. Registration required. FREE.
Wednesday, January 10, 24	10:30am- 11:30am	Meditation: Meditation improves your emotional and physical health. Come and reduce stress, control anxiety, decrease blood pressure, improve sleep, help control pain and enhance self-awareness with Reiki and Meditation Coach, Darcy. Registration required. \$14/month
Thursday, January 11	12:00pm	*Winterfest: A Saratoga County Office for the Aging luncheon with waffles, sausage and a hot cocoa bar with fixin's! Registration required by noon on Wednesday, January 10.
Friday, January 12	1:00pm	Jewelry Making Class: Blessings Bracelet: Whenever you wear a Blessing Bracelet, acknowledge 1 blessing in your life for each pearl. Silently find 4 people or things to be grateful for: your children, a flower, a pet, a perfect cup of coffee, your home—find something. The more you wear the bracelet the more you'll be blessed. Registration required. \$4 cash supply fee.
Tuesday, January 16	2:00pm	Movies and Popcorn: Barbie (2023): To live in Barbie Land is to be a perfect being in a perfect place. Unless you have a full-on existential crisis. Or you're a Ken. On Barbie days we wear PINK! Registration required. FREE.
Friday January 19	1:00pm	Fashion Show Planning: Bring your ideas to this first meeting to plan the 2024 Fashion Show. Registration required. FREE.
Monday, January 22	2:30pm- 4:00pm	*Living with a Loss: with Mary Beth Bradshaw, LMSW: Community Hospice: 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. FREE.
Wednesday, January 31	1:00pm- 2:30pm	*Summit on Senior Issues: VIRTUAL program from CAPTAIN CHS. This month: information on senior scams and frauds, presented by Wellspring of Saratoga Springs. Click HERE to register to watch from home or come to the Center to view. FREE.
Tuesday, January 23	2:00pm- 3:00pm	Pretty/Ugly Ornament Exchange Party: come for the ornaments, stay for the laughter and fun! Bring one pretty ornament and one ugly ornament, individually wrapped, along with a holiday treat to share. Registration required. FREE.



2024 BASKET PARTY:

We need help now to ensure a successful event!

- * We're looking for volunteers to chair the event.
- * If you receive a gift you may not need, consider donating it to the Center to be used as a door prize or part of a basket.
- * We'd love to have your left-over wrapping paper or gift bags.




Stay tuned for more information; we will need help planning, making baskets, wrapping door prizes and more!

Area artist and SSAS member Carol Winterton will be exhibiting in the Gallery during January & March, 2024. Carol has been painting for more than 40 years and believes that she is evolving and that there is always room for improvement.



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

M O N D A Y	<p>09:00am-10:00pm: Tap Dance (1/22, 1/29) \$10</p> <p>09:45am-12:00pm: Discussion Group</p> <p>10:00am-10:45am: Jazz Dance (1/22, 1/29) \$8</p> <p>10:00am-11:00am: Chair Yoga w/ Bonnie (1/8, 1/22, 1/29) \$21</p> <p>11:00am-11:45am: Beginner Clogging (1/8, 1/22, 1/29) \$21</p> <p>12:00pm-12:45pm: Intermediate Clogging (1/8, 1/22, 1/29) \$21</p> <p>12:30pm-03:30pm: Games: Rummikub</p> <p>01:00pm-02:00pm: Ukulele Group</p> <p>01:00pm-03:00pm: Quilting Group</p> <p>01:00pm-02:00pm: Soulful Line Dance with Linda (1/8, 1/22, 1/29) \$15 *TIME CHANGE*</p> <p>02:15pm-04:00pm: Indoor Bocce Ball, Ping Pong & Corn Hole NEW!</p> <p>02:30pm-03:30pm: Healthy Bones for Life—<i>To register, call Office For the Aging 518-884-4100</i></p>	<p>**CPSCC POLICY: Nonmembers can join us as a guest once per year for free.</p> <p>Although many of our programs are free of charge, members can try almost any <i>paid</i> class the first time at no charge. Please call ahead.</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 nonmembers At the Center OR Join Zoom</p> <p>10:00am-12:00pm: Games: Dice 3000, LCR, 5 Crowns card game</p> <p>10:15am-11:15pm: Evidence Based Qi-Gong & Tai Ji w/Bonnie (1/9, 1/16, 1/23, 1/30) \$28</p> <p>10:30am-12:00pm: Adult Coloring</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 (2nd & 4th Wednesday; 1/10, 1/24)</p> <p>10:00am-11:00am: Ukulele Group w/Ron At Center OR Online HERE For Song Sheets click: Here!</p> <p>10:00am-12:00pm: Games: Intermediate Bridge, Nickels and Dimes (First Wednesday; 1/3)</p> <p>10:00am-12:00pm: Memories to Memoirs (1st & 3rd Wednesday; 1/3, 1/17)</p> <p>12:00pm-02:00pm: Bowling at Spare Time \$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 & Learn to Play 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>	<p>Come enjoy a day at the Southern Saratoga YMCA every 1st and 2nd Wednesday of the month! Just show your CPSCC Card!</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—<i>Interested in Singing? All are welcome!</i> (starting 1/18)</p> <p>10:00am-12:00pm: Games: Rummikub</p> <p>10:15am-11:15am: Yoga w/Deanna \$6.00 members/\$8.00 nonmembers At the Center OR Join Zoom</p> <p>10:00am-12:00pm: Mixed-Media Watercolors & Acrylics w/Mary F. \$6/class paid to instructor (1/11, 1/25)</p> <p>12:30pm-04:00pm: Games: Pinochle</p> <p>01:00pm-04:00pm: Games: Mahjong</p> <p>01:00pm-04:00pm: Indoor Bocce Ball, Ping Pong & Corn Hole NEW!</p>	
F R I D A Y	<p>09:00am-10:00am: Tap Dance—<i>Advanced</i> (1/19, 1/26) \$10</p> <p>09:00am-10:55am: Orchestra (starting 1/12)</p> <p>09:15am-12:00pm: Woodcarving</p> <p>10:00am-10:45am: Ballet Class (1/19, 1/26) \$8</p> <p>10:00am-12:00pm: Games: Dominoes/Mexican Train</p> <p>10:55am-12:30pm: Big Jazz Band (starting 1/12)</p> <p>12:30pm-02:15pm: Games: Bingo</p> <p>12:30pm-04:00pm: Cards: 5 Crowns</p> <p>01:00pm-02:30pm: Jewelry Making Class (2nd Friday: organized project, see front desk; 4th Friday: BYO project)</p> <p>01:00pm-04:00pm: Games: Learn to Play Splendor and Puerto Rico; Hansa Teutonica, Wood Craft, Arboretum</p> <p>01:00pm-02:00pm: Latin Line Dancing (1/5, 1/12, 1/19, 1/26) \$15 *TIME CHANGE*</p> <p>02:30pm-03:30pm: Healthy Bones for Life—<i>To register, call Office For the Aging 518-884-4100</i></p>	

CHECK THE BACK PAGE FOR TRIP INFORMATION!

Volunteered! Needed!



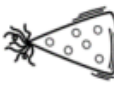

Saratoga County Department of Aging and Youth Services is Looking for Volunteers to Deliver Meals to Homebound Seniors in Clifton Park.



Interested in Becoming a Home Delivered Meals Volunteer?

Call 518-363-4020 to volunteer and for more information.

**SARATOGA COUNTY DEPARTMENT OF AGING & YOUTH SERVICES-January 2024
GATHER & DINE/HOME DELIVERED MEALS 518-363-4020**

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED 	2 Chicken Marsala Parmesan Noodles Peas & Onions WW Dinner Roll Mandarin Oranges	3 Egg Salad on Bun Marinated Vegetable Salad Three Bean Salad Pears	4 Spanish Beef & Rice Casserole Carrots Warm Peach Crisp Cornbread	5 New Years Special LS Baked Ham with Cranberry Mustard Sauce Au Gratin Potatoes Green Beans Dinner Roll Blueberry Pie
8 Chicken and Biscuit Broccoli Butternut Squash Pears	9 Shredded Pork w/Fiesta Sauce Mashed Sweet Potato Green Beans Whole Wheat Dinner Roll Applesauce	10 Salisbury Steak w/Gravy Mashed Potatoes Vegetable Trio SF Chocolate Pudding	11 Breaded Fish Tartar Sauce Couscous Pilaf Peas & Carrots Fresh Orange	12 Eggplant Parmesan Pasta w/Marinara Sauce Wax Beans WW Dinner Roll Yogurt
15 CLOSED 	16 Shredded Pork & White Bean Casserole Spinach Warm Apple Crisp WW Dinner Roll	17 Chicken A La King Egg Noodles Mixed Vegetables Mandarin Oranges	18 Turkey Divan Mashed Potatoes Butternut Squash WW Dinner Roll Applesauce	19 Meatballs in Sauce Pasta w/Sauce Broccoli Fruit Cocktail
22 Baked Chicken w/Gravy Mashed Sweet Potato Vegetable Trio SF Chocolate Cookies	23 Beef Pepper Steak Couscous Pilaf Mixed Vegetables WW Dinner Roll Tropical Fruit	24 Shredded Roast Pork w/Gravy Mashed Potatoes Beets Mandarin Oranges	25 Italian Stew Orzo Pasta Green Beans WW Dinner Roll SF Vanilla Pudding	26 Tuna Noodle Casserole Peas & Carrots Broccoli Corn Muffin Banana
29 Beef Sloppy Joe on Bun Spinach Cauliflower Shortbread Cookies	30 Chicken Salad on Bun Potato Salad Marinated Green Beans LS Potato Chips Mandarin Oranges	31 Birthday Special Pasta Bake w/Meat Sauce  Broccoli Wax Beans Frosted Cake		

Menu Subject To Change

Coffee, Tea and Butter are served daily at sites. If you have a food allergy, please notify our staff. Allergen information for the menu is available. Please contact Saratoga County Department of the Aging & Youth Services for more details. 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 518-363-1343 by Noon the day before you intend to come to Lunch.

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Thank You!

*to our Jazz Band, Orchestra and Choir for the wonderful concerts; and thank you to the volunteers who baked so many delicious homemade treats!

*to our other musical guests: the Shenendehowa High School Choir; Ken Blatt and the Capital District Dulcimer Consort—we appreciated hearing the holiday classics!

*to our Breakfast with Santa volunteers (including the Big Man himself!) and to our generous sponsors:



*to the many volunteers who helped to serve at the many functions during December!

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.

***Need COVID Tests and Masks?** Request them at the 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!



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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



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AMERICA'S MUSIC CITIES March 10-17, 2024

8 DAYS, 10 MEALS,
DOUBLE OCCUPANCY \$3,549

- DAYS 1-3:** Stay at the Sheraton New Orleans and explore the "Jazz Capital of the World"
- DAYS 4 & 5:** Stay at the Guest House at Graceland in Memphis Tennessee and explore the birthplace of Blues, Rock 'n Roll and Soul
- DAYS 6 & 7:** Stay at the Gaylord Opryland Resort in Nashville, Tennessee and roll along the Music Highway to the birthplace of Tina Turner, the Grand Ole Opry and Elvis' recording studio

SOUTH DAKOTA September 18-24, 2024

7 DAYS, 9 MEALS, ONE HOTEL
DOUBLE OCCUPANCY \$2,999

- DAYS 1-3:** Welcome to the West! Listen to stories and history of the Lakota tribe, visit Mount Rushmore and the Badlands National Park
- DAYS 4-6:** Visit Deadwood, a National Historic Landmark, and its museums, exhibits and sculptures, explore Custer State Park through a buffalo safari, and spend time at Crazy Horse Memorial; end your trip at the first national monument, Devils Tower

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.