



Clifton Park Senior Center



February 2024—Monthly Newsletter

Center Hours

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

Center Closing

PRESIDENT'S DAY

Monday, February 19, 2024

Inclement Weather Schedule

Check your local news station for closing and delay information. We follow the Shenendehowa School District for weather related closings and delays.

RANDOM ACTS OF KINDNESS MONTH:

Even one small act of kindness can mean a great deal to somebody



CHALLENGE: try to do something nice for someone 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 a neighbor; pay forward a cup of coffee.

Let's brighten up someone's day.

HELP MAKE THE WORLD A BETTER PLACE!

MARDI GRAS Potluck!



TUESDAY, FEBRUARY 13 @ 2PM

Join us for fun and games in your finest beads and masks & Bring a dish to share!

SIGN UP AT THE FRONT DESK!



RHYTHMS OF ROMANCE:

A Valentine's Musical Celebration

Wednesday, February 14 @ 1:30pm

Enjoy timeless classic love songs from a variety of musical genres: "pop," American Songbook, Broadway, and more!



*Join us for a simple Holiday Craft/Service Project immediately following the performance

TO LOVE A CHILD: Thursday, February 15 @ 9am-4pm

WE WILL BE CRAFTING REUSABLE MENSTRUAL PADS FOR GIRLS AROUND THE WORLD WHO LACK ACCESS



WE NEED VOLUNTEERS:

*Draw, cut, assemble, or sew the pad together

WE NEED SUPPLIES:

Plastic snaps size 16 (Babyville)
PUL (Poly Urethane Laminate) Fabric



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



LUNCHEON AT THE VISTA

924 Main Street, Clifton Park

Sunday, April 21, 2024

11:30am-3:30pm

ENJOY A DELICIOUS LUNCHEON OF
Fresh Caesar Salad • Rolls & Butter
Choice of Entree • Apple Crisp
Coffee and Tea • Cash Bar

OPEN TO THE PUBLIC!
TICKETS ON SALE - \$40!!

**Door Prizes,
Silent Auction,
Chinese Auction**

Fashions from:



ENTREE CHOICES:

- Chicken Piccata (GF)
- Bistro Steak (GF)
- Grilled Salmon Filet (GF)
-Sauce Bearnaise
- Pasta Primavera (VEG)

*indicates membership not required






Mondays & Thursdays in February		Indoor Games: Come inside and play bocce, ping pong and cornhole; every Monday at 2:15pm and/or Thursday at 1:00pm. Equipment provided. Sign in—play 8 at a time.
Tuesday, Feb. 6 & 20 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.
Friday, February 9	1:00pm	Jewelry Making Class: Memory wire beaded necklace; sample on display at the front desk. Registration required. \$4 cash supply fee.
Tuesday, February 13	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.
Tuesday, February 13	1:30pm- 2:30pm	Computer Skills Tutoring: Shen students will guide us through the use of our phones, tablets and computers with a Q&A session to follow. Registration required. FREE.
Tuesday, February 13	2:00pm	Mardi Gras Potluck: Bring a dish to share and your finest Conga dancing shoes, and be prepared for King Cake Wars...our version of Cupcake Wars! Registration required (space is limited). FREE.
Wednesday, February 14	1:00pm- 2:00pm	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.
Wednesday, February 14 & 28	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
Wednesday, February 14	1:30pm- 2:30pm	*Live Music with Ken Blatt: This program includes timeless classic love songs from a variety of musical genres: "pop", American Songbook, Broadway, and more—Come and sing along! Stick around for a simple craft immediately following the performance. Registration required. FREE.
Thursday, February 15	9:00am- 4:00pm	*To Love a Child Project: Crafting reusable menstrual pads for girls around the world who lack access. We need your help to draw, cut, assemble or sew the pads together. We are in need of: plastic snaps size 16 (Babyville) and PUL (Poly Urethane Laminate) Fabric. This is a big sewing project; we have sewing machines or bring your own. Registration required, but sewing skills are not!
Saturday, February 17	10:00am- 2:00pm	*Repair Café: FREE community event; bring your broken but beloved items and volunteer repair coaches help you FIX THEM! Items include: lamps, electronics, stuffed animals, jewelry, clothing, etc. For questions, email: RepairCafeCP@gmail.com or visit RepairCafe.org .
Tuesday, February 20	2:00pm	Movies and Popcorn: Leap Year (2010) A romantic comedy about an American woman (Amy Adams) who proposes to her boyfriend on February 29, after a chance encounter with an Irish innkeeper. Registration required. FREE.
Wednesday, February 21	10:00am- 11:00am	Guest Crafter: Snowman Wine Glass with Barb B. Paint a snowman friend on a wine glass! Sample on display at the front desk. Registration required. \$4 cash supply fee.
Wednesday, February 21	2:00pm- 3:00pm	*Country Line Dancing: Kick up your heels with Mary and Frank Colby as they teach us the steps to our favorite country songs. Registration required. FREE. Weekly classes start in March!
Thursday, February 22	1:30pm- 3:30pm	*Musical Jam Session with Chuck Oakes: Whether you play an instrument or just want to listen; if you enjoy acoustic music stop by on the Fourth Thursday.
Monday, February 26	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.
Tuesday, February 27	12:30pm- 1:30pm	*Live Music with Mike Purcell: This One Man Show includes jokes, stories and sing-a-longs; in honor of Black History Month, he brings a special program. Registration required. FREE.
Wednesday, February 28	1:00pm- 2:00pm	*Shen Showstoppers Dance Show: Instructor, and former Rockette, Janet Murphy brings her dance group (many have been dancing at the Senior Center since 2003!) to entertain us! FREE.
Wednesday, February 28	1:00pm- 2:30pm	*Summit on Senior Issues: VIRTUAL program from CAPTAIN CHS. This month: Aging in Place; navigating resources and Medicaid Expansion for New Yorkers 65+. Click HERE to register to watch from home or come to the Center to view. FREE.

REPAIR CAFÉSaturday, February 17
10:00am to 2:00pmFix it and keep waste out of our landfills—
BE A PART OF THE SOLUTION!We are taking appointments **in person** for the free income tax assistance program sponsored by AARP Foundation and IRS!

If you know that you will be receiving tax documents from a brokerage, please don't make an appointment until you receive all of your documents.

<p>M O N D A Y</p>	<p>09:00am-10:00pm: Tap Dance (2/5, 2/12, 2/26) \$15 09:45am-12:00pm: Discussion Group 10:00am-10:45am: Jazz Dance (2/5, 2/12, 2/26) \$12 10:00am-11:00am: Chair Yoga w/ Bonnie (2/5, 2/12, 2/26) \$21 10:00am-12:00pm: Classic Board Games: Monopoly, Clue, Backgammon, & Chess NEW! 11:00am-11:45am: Beginner Clogging (2/12, 2/26) \$14 12:00pm-12:45pm: Intermediate Clogging (2/12, 2/26) \$14 01:00pm-02:00pm: Ukulele Group 01:00pm-03:00pm: Quilting Group 01:00pm-02:00pm: Soulful Line Dance with Mary & Frank (2/5, 2/12, 2/26) \$15 02:15pm-04:00pm: Games: Indoor Bocce Ball, Ping Pong & Corn Hole 02:30pm-03:30pm: Healthy Bones for Life—<i>To register, call Office For the Aging 518-884-4100</i> NEW!</p>	
<p>T U E S D A Y</p>	<p>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 nonmembers At the Center OR Join Zoom (no 2/20) 10:00am-12:00pm: Games: Dice 3000, LCR, 5 Crowns card game 10:15am-11:15pm: Evidence Based Qi-Gong & Tai Ji w/Bonnie (2/6, 2/13, 2/27) \$21 10:30am-12:00pm: Adult Coloring 11:30am-03:00pm: Games: Duplicate Bridge Group—Sanctioned \$7.00/week 12:30pm-03:30pm: Games: Scrabble; Cards: Hand & Foot</p>	
<p>W E D N E S D A Y</p>	<p>09:00am-10:00am: Exercise to Tape 09:30am-11:30am: Investment Club (2nd & 4th Wednesday; 2/14, 2/28) 10:00am-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; 2/7) 10:00am-12:00pm: Memories to Memoirs (1st & 3rd Wednesday; 2/7, 2/21) 10:30am-11:30pm: Meditation (2nd & 4th Wednesday; 2/14, 2/28) \$14 12:00pm-02:00pm: Bowling at <i>Spare Time</i> \$10/week for shoes, 2 games, and lunch 01:00pm-04:00pm: Knitting and Crocheting 01:00pm-04:00pm: Games: Poker, Beginner Mahjong 02:30pm-03:30pm: Healthy Bones for Life—<i>To register, call Office For the Aging 518-884-4100</i></p>	
<p>T H U R S D A Y</p>	<p>09:00am-10:00am: Exercise to Tape 09:00am-10:00am: Games: Billiards/Pool 10:00am-11:30am: Chorus—<i>Interested in Singing? All are welcome!</i> 10:00am-12:00pm: Games: Rummikub 10:15am-11:15am: Yoga w/Deanna \$6.00 members/\$8.00 nonmembers At the Center OR Join Zoom 10:00am-12:00pm: Mixed-Media Watercolors & Acrylics w/Mary F. \$6/class paid to instructor (2/8, 2/22) 12:30pm-04:00pm: Games: Pinochle 01:00pm-04:00pm: Games: Mahjong 01:00pm-04:00pm: Games: Indoor Bocce Ball, Ping Pong & Corn Hole NEW!</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>
<p>F R I D A Y</p>	<p>09:00am-10:00am: Tap Dance—<i>Advanced</i> (2/2, 2/9, 2/16, 2/23) \$20 09:00am-10:55am: Orchestra 09:15am-12:00pm: Woodcarving 10:00am-10:45am: Ballet Class (2/2, 2/9, 2/16, 2/23) \$16 10:00am-12:00pm: Games: Dominoes/Mexican Train 10:55am-12:30pm: Big Jazz Band 12:30pm-02:15pm: Games: Bingo 12:30pm-04:00pm: Cards: 5 Crowns 01:00pm-02:30pm: Jewelry Making Class (2nd Friday: organized project, see front desk; 4th Friday: BYO project) 01:00pm-04:00pm: Strategy Board Games: Learn to Play Splendor; Hansa Teutonica, Arboretum, Azul, Century Spice Road, & Lords of Waterdeep 01:00pm-02:00pm: Latin Line Dancing (2/2, 2/9, 2/16, 2/23) \$15 02:30pm-03:30pm: Healthy Bones for Life—<i>To register, call Office For the Aging 518-884-4100</i></p>	

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Meatloaf w/Gravy Mashed Potatoes Vegetable Trio Shortbread Cookies	2 Turkey Chili Rice Carrots Corn Muffin Yogurt
			5 Shredded Pork w/ Picatta Sauce Oven Roasted Potatoes Butternut Squash WW Dinner Roll Mandarin Oranges	6 Shepherd's Pie Spinach Warm Cranberry Crunch Oatmeal Cookies
12 Spanish Beef & Rice Casserole Broccoli Warm Peach Crisp	13 Chicken Marsala Parmesan Noodles Peas WW Dinner Roll Mandarin Oranges	14 Valentines Special Chicken Parmesan Fusilli Pasta w/Marinara Sauce Garlic Broccoli Dinner Roll Frosted Red Velvet Cake 	15 Shredded Pork w/Mushroom Cream Sauce Red Bliss Potato Vegetable Trio Pears	16 Tuna Salad on Bun Macaroni Salad Beet & Onion Salad Fresh Orange
19 Closed 	20 Shredded Pork w/Fiesta Sauce Mashed Sweet Potato Green Beans WW Dinner Roll Applesauce	21 Chicken A La King Egg Noodles Mixed Vegetables Carrot Muffin Mandarin Oranges	22 Beef Salisbury Steak w/Gravy Mashed Potatoes Vegetable Trio SF Chocolate Pudding	23 Spinach Rice Cheese Bake Red Beans California Blend Vegetables Yogurt
26 Shredded Pork & White Bean Casserole Broccoli Warm Apple Crisp WW Dinner Roll	27 LS Turkey & Swiss on Bun Mayonnaise Three Bean Salad Coleslaw Banana	28 Birthday Special Scalloped Potatoes & Ham  Peas & Carrots Wax Beans Corn Muffin Frosted Cake	29 Meatballs in Sauce Pasta w/Sauce California Blend Vegetables Fruit Cocktail	

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 518-383-1343 by Noon the day *before* you intend to come to Lunch.

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Thank You!

*to our newest Front Desk volunteer Jason; he joins Pat, Jo, Linda, Deborah, Monsy, Sandy and Debby—say "Hello!" to this newest face on Friday afternoons!

*to all of our volunteers who have led crafts and activities, and have kept our programs rolling!



*to **Dolce & Biscotti** for their donation of cookies, pies and especially the Almond Raspberry Cake!



Area artist and SSAS member Carol Winterton will be exhibiting in the Gallery during January & February, 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

SERVICES FOR YOU

***The Gather & Dine Daily Lunch Program** To Reserve your Lunch: Call by Noon the day before at 518-383-1343. 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.

***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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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



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Brookdale Niskayuna

Enhanced Assisted Living
1786 Union Street
Niskayuna, NY 12309

(518) 346-6935

32654 SR

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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



Communities in the Albany Area

Peregrine Clifton Park
Memory Care with Enhanced Services
518-371-2200

Peregrine Colonie
Memory Care with Enhanced Services
518-456-4500

Peregrine Crossgate
Independent Living & Assisted Living
518-869-0211

Peregrine Delmar Place
Assisted Living
518-434-4663

Peregrine Guilderland
Assisted Living & Memory Care with Enhanced Services
518-218-0506

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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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Clifton Park Senior Community Center
6 Clifton Common Court
Clifton Park, NY 12065

Where do you want to go in 2024?

CLIFTON PARK SENIOR COMMUNITY CENTER

FINAL DETAILS TO COME SOON!

AMERICA'S MUSIC CITIES:

March 10-17, 2024
 Nashville, Memphis, New Orleans



THREE MOTHERS @ CAPITAL REP:

Thursday, May 2, 2024
 Lunch at Smiths Public House, Cohoes, NY

VANDEBUILT MANSION & OLANA:

Tuesday, March 19, 2024
 & Lunch, Hyde Park

LYNDHURST MANSION:

Wednesday, May 22, 2024
 Tarrytown, NY

CORVETTES DOO-WOP:

Tuesday, April 16, 2024
 Lunch & Show @ Log Cabin Banquet Hall,
 Holyoke, MA

SOUTH DAKOTA:

September 18-24, 2024
 Mount Rushmore, Crazy Horse, The Badlands
 National Park, Deadwood



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 Zabed Manir:	zmanir@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.