



Clifton Park Senior Center



April 2024—Monthly Newsletter

April ITALIAN Dinner

Wednesday, April 10

5:00pm · \$15
Members Only



with music by
Ken Blatt

Dinner sponsored by:

The Fondacaro Family
In memory of Joe Fondacaro

- ▶ **Chicken Parm**
- ▶ **Meatballs**
- ▶ **Ziti w/Marinara**
- ▶ **Salad & Bread**
- ▶ **Dessert**

Sign Up Begins Monday, April 1

Center Hours

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



CLIFTON PARK SENIOR CENTER BOOK SALE!

Join us for our Annual Book Sale; thousands of books for sale!

SATURDAY, APRIL 6
9am to 4pm

OPEN TO THE PUBLIC

Paperbacks.....50¢
Hardcovers.....\$1.00
Puzzles, CDs and DVDs too!

*From 3pm to 4pm: 10¢/item

We are not taking book donations at this time; donations will resume after the Book Sale.

GOLF LEAGUE REGISTRATION MEETING



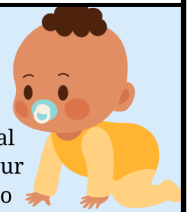
THURSDAY, APRIL 18
10:00AM

Sign up and join us Thursday mornings at Barney Road Par 3 Golf Course!

Sponsored by

We're hosting a **B A B Y** SHOWER!

The shower will benefit **Birthright in Saratoga County**. Birthright distributes newborn necessities to new mothers in need. For many of their clients this is the only new gift they will receive. Your contribution will help provide essential items for babies and make a difference in the lives of these young families in our community. Please consider donating any of the requested items or gift cards to make a positive impact.



Join Us! **Thursday, April 11**
for cake and games! **1:30pm to 3:00pm**



Donations Needed:
Baby lotion, wipes & diaper rash cream
Diapers size 1 and newborn
Onesies & bibs
In season clothes 3-12 months
Gift cards to Hannaford, Target & Walmart

PLEASE LOOK FOR THE DONATION BOX IN LOBBY & THANK YOU FOR YOUR GENEROSITY



FASHION SHOW

LUNCHEON AT THE VISTA
924 Main Street, Clifton Park

Sunday, April 21, 2024
11:30am-3:30pm

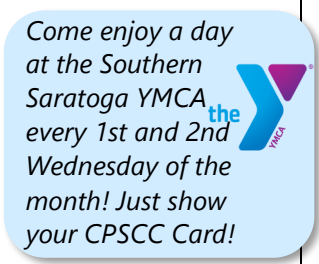
ONLY A FEW SEATS LEFT!
\$40 FOR LUNCH & A SHOW

Door Prizes, Silent Auction, Chinese Auction
Fashion from:

*indicates membership not required

Tuesday, April 2	10:30am- 11:30am	*What Can I Eat? Pre-Diabetes and Diabetes Nutrition presented by Katherine Mahon, RDN, CDES. Come for a fun, interactive workshop on healthy eating. Includes free puzzle books and snacks! Registration Required. FREE. Maximum 10 participants.
Wednesdays, April 3, 10, 17, 24	10:00am- 11:30am	Grow Your Groceries: meet weekly with Master Gardener Kathy M. to learn, plan and plant our Community Garden. No experience necessary. FREE.
Wednesday, April 3	11:30am- 1:00pm	*Let's Talk About It: with Kathleen from Townley and Wheeler; a conversation about the benefits of planning your final arrangements in advance. <i>Complimentary lunch will be served at 11:30am.</i> Registration required. FREE.
Thursday, April 4	12:00pm- 1:00pm	*Benefits of Home Health Care: with Rich of Anchor Health. <i>Enjoy a complimentary lunch</i> and explore your Home Health Care Needs. Registration required. FREE.
Friday, April 5	1:00pm	*Band Concert: Live Entertainment with the Center's very own Big Band in our <i>Swing and Sing into Spring</i> Concert, with special guest Supervisor Phil Barrett! Reception to follow. FREE.
Tuesday, April 9	9:30am- 11:30am	Light Mending with Patti: Drop In, Drop Off, Pick Up later; 2-3 items – bring supplies if needed (buttons, etc.) No alterations. Laundered Clothing Items Only.
Tuesday, April 9-June 12 FREE!	10:15am- 11:15am	*Qi-Gong & Tai Ji with Bonnie: sponsored by MVP Health Care. This class focuses on Qi-Gong and Tai Chi (Yang style) fundamentals, emphasizing good alignment, and improving strength, flexibility, coordination, and balance, while stressing quality over quantity. Registration required HERE. FREE.
Wednesdays, April 10-May 8	10:00am- 12:00pm	*Memories To Memoirs: A writing workshop for adults who would like a gentle, supportive atmosphere and thought-provoking assignments. Stories submitted at the end of the workshop are bound into a booklet and added to Clifton Park-Halfmoon Library's book collection. Registration required. FREE.
Thursday, April 11 NEW!	1:00pm- 2:00pm	Photography Club: all skill levels are invited to join local amateur photographer John S. to share in the enjoyment of photography and enhance your picture-taking skills. Registration required. FREE.
Thursday, April 11	1:30pm- 3:00pm	*Baby Shower: to benefit Birthright of Saratoga County. Bring a donation for new mothers in need and stay for fun games and treats! Registration required. FREE.
Friday, April 12	1:00pm	Jewelry Making Class: Beaded earrings; sample on display at the front desk. Registration required. \$4 cash supply fee.
Wednesday, April 17	1:00pm- 2:00pm	*Live Entertainment with Mike Purcell: this month Mike brings us a special selection of songs in honor of Jazz Appreciation Month, sponsored by the American Federation of Musicians. FREE.
Thursday, April 18	10:00am- 11:00am	CPSCC Golf League Registration Meeting: We are looking for new golfers to join this active league; we meet Thursdays at 7:30am at the Barney Road Par 3 Golf Course. Sponsored by CDPHP.
Thursday, April 18	12:00pm	*A Tale of Two Trusts—Revocable & Irrevocable: Join The Witecki Law Office for lunch and learn about estate planning basics as well as the use of Trusts—both Revocable and Irrevocable; Q&A to follow. Free legal consultations from 10am-12pm. Registration required. FREE.
Friday, April 19	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.
Friday, April 19	2:00pm- 3:00pm	*Oral Hygiene Matters: HVCC Dental Hygienist students bring helpful tips and free resources for maintaining good oral health. Registration required. FREE.
Monday, April 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.
Tuesday, April 23	1:00pm- 3:00pm	Guest Crafter: Spring Gnomes with Mary E. Prepare for spring with this cute craft, bring your own teacup and saucer; sample on display at the front desk. Registration required. \$4 cash supply fee.
Wednesday, April 24	1:00pm- 2:30pm	*Summit on Senior Issues: CAPTAIN CHS and Stratton VA on available community-based services and caregiver support. Click HERE to watch from home or come to the Center. FREE.
Thursday, April 25	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. FREE.
Tuesday, April 30	10:30am- 11:30am	*Emergency Preparedness with National Guard and NYS Citizens Preparedness Corps: learn how to prepare for extreme weather and other emergencies. Registration required. FREE.
Wednesday, May 1	11:00am- 12:00pm	Intro to Cardmaking: with Katie K. Explore your creativity with a Sizzik Machine! Registration Required. FREE.
Wednesday, May 22	9:00am- 4:00pm	*Defensive Driving Course: presented by Empire Safety Council's Armand Canestraro. \$31 fee; check payable to "Armand Canestraro."

M O N D A Y	09:00am-10:00pm: Tap Dance (4/1, 4/8, 4/15, 4/22, 4/29) \$25	*indicates membership not required
	09:45am-12:00pm: Discussion Group	
	10:00am-10:45am: Jazz Dance (4/1, 4/8, 4/15, 4/22, 4/29) \$20	
	10:00am-12:00pm: Outdoor Bocce Ball	
	10:00am-11:00am: Chair Yoga w/ Bonnie (4/1, 4/8, 4/15, 4/22, 4/29) \$35	
	11:00am-11:45am: Beginner Clogging (4/1, 4/8 [no 4/15], 4/22, [no 4/29]) \$21	
	12:00pm-12:45pm: Intermediate Clogging (4/1, 4/8 [no 4/15], 4/22, [no 4/29]) \$21	
	01:00pm-02:00pm: Ukulele Group (no 4/8)	
	01:00pm-03:00pm: Quilting Group	
	01:00pm-02:00pm: Soulful Line Dance with Mary & Frank (4/1, 4/8, 4/15, 4/22, 4/29) \$15	
02:30pm-03:30pm: *Healthy Bones for Life—To register, call Office For the Aging 518-884-4100		
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 nonmembers At the Center OR Join Zoom (No 4/2)	
	10:00am-12:00pm: Games: Dice 3000, LCR, 5 Crowns card game	
	10:15am-11:15pm: *MVP Evidence Based Qi-Gong & Tai Ji w/Bonnie (April 9 through June 12)	
	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	
01:00pm-03:00pm: Open Studio Painting with Cynthia (1st & 3rd Tuesday; 4/2, 4/16)		
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; 4/10, 4/24)	
	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; 4/3)	
	10:00am-12:00pm: *Memories to Memoirs (April 10-May 8)	
	10:30am-11:30pm: Meditation (2nd & 4th Wednesday; 4/10, 4/24) \$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, Mahjong—beginners welcome!	
	01:30pm-02:30pm: Country Line Dance with Mary & Frank (4/3, 4/10, 4/17, 4/24) \$15 NEW!	
02:30pm-03:30pm: *Healthy Bones for Life—To register, call Office For the Aging 518-884-4100		
T H U R S D A Y	09:00am-10:00am: Exercise to Tape	
	09:00am-10:00am: Games: Billiards/Pool	
	10:00am-11:30am: Chorus—Interested in Singing? All are welcome!	
	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 (4/4, 4/18)	
	12:30pm-04:00pm: Games: Pinochle	
	01:00pm-04:00pm: Games: Mahjong	
F R I D A Y	09:00am-10:00am: Tap Dance—Advanced (4/5, 4/12, 4/19, 4/26) \$20	**CPSSC POLICY: Nonmembers can join us as a guest once per year for free. Although many of our programs are free of charge, members can try almost any <i>active paid</i> class the first time at no charge. If you like it, sign up for the month.
	09:00am-10:55am: Orchestra	
	09:15am-12:00pm: Woodcarving	
	10:00am-12:00pm: Outdoor Bocce Ball	
	10:00am-10:45am: Ballet Class (4/5, 4/12, 4/19, 4/26) \$16	
	10:00am-12:00pm: Games: Dominoes/Mexican Train	
	10:55am-12:30pm: Big Jazz Band	
	12:30pm-02:15pm: Games: Bingo (no 4/5)	
	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 (4/5, 4/12, 4/19, 4/26) \$15	
02:30pm-03:30pm: *Healthy Bones for Life—To register, call Office For the Aging 518-884-4100		





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Although many of our programs are free of charge, members can try almost any *active paid* class the first time at no charge. If you like it, sign up for the month.

CHECK THE BACK PAGE FOR TRIP INFORMATION!

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken and Biscuit Broccoli Butternut Squash Shortbread Cookies	2 Sliced Pork w/Fiesta Sauce Mashed Sweet Potatoes Green Beans WW Dinner Roll Applesauce	3 Salisbury Steak w/Gravy Mashed Potatoes Vegetable Trio SF Chocolate Pudding	4 Scalloped Potatoes & Ham Peas & Carrots Lima Beans Fresh Orange	5 Eggplant Parmesan Pasta w/Marinara Sauce Asparagus WW Dinner Roll Yogurt
8 Cubed Pork & White Bean Casserole Spinach Warm Berry Crisp WW Dinner Roll	9 Chicken A La King Egg Noodles Mixed Vegetables Carrot Muffin Mandarin Oranges	10 Meatballs in Sauce Pasta w/Sauce Broccoli Fruit Cocktail	11 Turkey Divan Mashed Potatoes Butternut Squash WW Dinner Roll Applesauce	12 LS Ham & Swiss Cheese on Bun Mustard Potato Salad Marinated Vegetable Salad Banana
15 Baked Chicken w/Gravy Mashed Sweet Potato Vegetable Trio SF Chocolate Cookies	16 Beef Pepper Steak Rice Pilaf Mixed Vegetables WW Dinner Roll Tropical Fruit	17 Macaroni & Cheese Stewed Tomatoes Lima Beans Mandarin Oranges	18 Italian Stew Orzo Pasta Green Beans WW Dinner Roll SF Vanilla Pudding	19 Tuna Noodle Casserole Peas & Carrots Broccoli Corn Muffin Banana
22 Sloppy Joe Casserole Spinach Cauliflower Shortbread Cookies	23 Ranch Chicken Oven Roasted Potatoes California Blend Vegetables Corn Muffin Peaches	24 Birthday Special Turkey Salad on Bun Coleslaw Marinated Green Beans Frosted Cake 	25 Meatloaf w/Gravy Mashed Potatoes Vegetable Trio Shortbread Cookies	26 Turkey Chili Beets Mixed vegetables Corn Muffin Yogurt
29 Sausage w/ Peppers & Onions on Roll Oven Roasted Potatoes Butternut Squash Mandarin Oranges	30 Shepherd's Pie Spinach Warm Cranberry Crunch Applesauce			

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.

Support our Advertisers when you can...Let them know you appreciate their ad!

Thank You!

*to **Saratoga Sod Farm** for their donation of garden soil for our community garden!



*to our March Dinner entertainment, caller **Paul Rosenberg**, and our sponsor, **Home of the Good Shepherd!**



*to our **March Dinner** volunteers!



*to our **St. Pattie's Day** volunteers and sponsor: **Peregrine Senior Living!**



SSAS members will be exhibiting in our annual "Photography Show" during the months of April and May in the Senior Center Gallery. Members participating in this show are: Peggy Becker, Rebecca Jenkins, Denise Kornak, Mary Mochrie, Anup Sood and Brian Skanes. Be sure to stop in and browse the beautiful photography in this show.

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

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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!

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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✉ RichardL@anchorhc.org
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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.

Need a Medicare plan with dental?

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At our communities, you become part of our family. And we'll be right here for you with a helping hand.

► 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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Enriching mind, body, and spirit
Empowering our residents to thrive the Peregrine Way®

Communities in the Albany Area

Peregrine Clifton Park
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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
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- Physical assistance with ambulation and transferring
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- Blood Glucose Monitoring
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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

Where do you want to go in 2024?

CLIFTON PARK SENIOR COMMUNITY CENTER

***Sign up for all trips at least 30 days in advance.**

CORVETTES DOO-WOP:

Tuesday, April 16, 2024
 Lunch & Show @ The Carriage House
 West Springfield, MA

THREE MOTHERS @ CAPITAL REP:

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

LYNDHURST MANSION:

Wednesday, May 22, 2024
 Tarrytown, NY

MONTREAL & QUEBEC CITY, CANADA:

June 24-28, 2024
 Guided tours, a boat cruise, Montreal Casino,
 Montmorency Falls, Notre Dame Basilica & more!

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. 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.