



Clifton Park Senior Center



August 2024—Monthly Newsletter

Center Hours

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

Center Closing

LABOR DAY

Monday, September 2

Clifton Park Senior Community Center

Open House!

Wednesday, August 14
1:00pm - 3:00pm

Are you a new member within the last 12 months? 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!

Class Demonstrations!
Light Refreshments!

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



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

Leave information at the Front Desk.

****CPSCC 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 *active paid* class the first time at no charge. If you like it, sign up for the month.

DID YOU KNOW?!

The Clifton Park Senior Center is available for private events Monday through Friday after 4pm, as well as all day on weekends. Whether you're planning a party, shower, business meeting, or another special occasion, consider renting our versatile space. We offer rooms suitable for intimate gatherings or groups exceeding 100 guests. Tables, chairs, and ample parking provided.

CONTACT US FOR MORE INFORMATION: 518-383-1343.

6 CLIFTON COMMON CT.
CLIFTON PARK, NY 12065
518-383-1343


REGISTRATION REQUIRED.
SIGN UP NOW!

SPONSORED BY:
 Peregrine
SENIOR LIVING
at CLIFTON PARK

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

Fridays, August 2, 9, 16, 23, 30 NEW!	9:45am-12:00pm	*Bridge: Beyond the Basics: with Linda S. Join this class to advance beyond a beginner understanding of Bridge. FREE lessons with a book to borrow; maximum of 12 people. Registration required. FREE. (sponsored by Dept. of Aging)
Tuesday August 6 & 20	10:30am-12:00pm	*Glue Gun Art: with Bobbi W.; paint with glue gun and acrylic <i>Midnight Flowers</i> in this 2-day class. Sample on display at the front desk. Limited space; no experience necessary, bring an apron or old clothes. Registration required. FREE. (sponsored by Dept. of Aging)
Thursday, August 8	9:00am-4:00pm	*Defensive Driving Course: presented by Empire Safety Council's Armand Canestraro. \$31 fee; check payable to "Armand Canestraro."
Thursday, August 8	2:00pm-4:00pm	Free Computer Evaluation: with Kirk F.; is your laptop running slow? Need data backup or repair? Or do you have a general question? Bring it in for a free evaluation! Registration required. FREE.
Tuesday, August 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.) No alterations. Laundered Clothing Items Only.
Wednesday August 14	1:00pm-3:00pm	*Open House! New and prospective members come and learn about the many programs and classes we have to offer; we will have demonstrations and light refreshments. Registration required. FREE. (sponsored by Peregrine Senior Living) 
Thursday, August 15 & 29	10:00am-11:30am	*Glue Gun Art: with Bobbi W.; paint with glue gun and acrylic <i>Midnight Flowers</i> in this 2-day class. Sample on display at the front desk. Limited space; no experience necessary, bring an apron or old clothes.
Thursday, August 15	1:30pm-2:30pm	Computer Skills Tutoring: Sen students will guide us through the use of our phones, tablets and computers with a Q&A session to follow. Registration required. FREE.
Friday, August 16	12:00pm-1:30pm	Medicare Q&A: meet with Licensed Insurance Agent, Sonya Chandler in the lobby for information on Medicare, Medicaid, EPIC and <i>giveaways!</i> Informal, no registration required.
Mondays & Weds Beginning 8/19 NEW!	11:00am-1:00pm	*Ping Pong: Pick up a paddle and join in a game! Form one- or two-player teams; equipment provided FREE. (sponsored by Dept. of Aging)
Wednesday, August 21	10:00am-1:00pm	*Alzheimer's Association Office Hours: Join Gwen from Alzheimer's Association for this monthly one-on-one session to answer your questions and provide resources. FREE.
Wednesday, August 21	1:00pm-4:00pm	*Dept. of Aging and Youth Services Office Hours: Bring your questions and concerns to this monthly session to see how the Saratoga County Department of Aging can help. FREE.
Thursday, August 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. FREE.
Thursdays, August 22, 29 NEW!	2:00pm-4:00pm	*Indoor Pickleball at CPSCC: come and play on our NEW (smaller) indoor court! Beginners and intermediate players are welcome; see information below for more opportunities to learn the game. Equipment provided. Registration required. FREE. (sponsored by Dept. of Aging)
Monday, August 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.
Fridays in September 9/6, 9/13, 9/20, 9/27	9:45am-12:00pm	*Intro to Bridge: with Linda S. Have you always wanted to learn this 4 person/2 team card game? <i>NEW players only</i> can sign up for FREE lessons; <u>you must commit to all four weeks</u> or you will let the team down. Books will be on loan during the session; maximum of 12 people Registration required. FREE. (sponsored by Dept. of Aging) BEGINNERS ONLY.


Pickleball 101 Plus: The Town of Clifton Park Office of Parks and Recreation is offering lessons on the basics of pickleball; if you missed our lessons at the YMCA, consider signing up for this two-week course! \$55 for two 1½ hours of instruction at Veteran's Memorial Park. To sign up visit: <https://parksrec.egov.basgov.com/cliftonpark>.




SSAS members will be exhibiting in the month of August and September in the Senior Center Gallery. Members participating in this show are: Dolores Haberek, Nancy Hunt, Pam Malsan, and Mechelle Roskiewicz. Be sure to stop in and browse the beautiful pieces in this show.

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

OFFICE HOURS
**Not a presentation, just an opportunity to have questions answered.*



Saratoga Co. Department of Aging:
 1pm-4pm on the third
 Weds of each month.



Alzheimer's Association:
 10am-1pm on the third
 Weds of each month.



CHECK THE BACK PAGE FOR TRIP INFORMATION!

M O N D A Y	09:00am-10:00pm: Tap Dance (<i>Back in September!</i>)	*indicates membership not required
	09:45am-12:00pm: Discussion Group	
	10:00am-10:45am: Jazz Dance (<i>Back in September!</i>)	
	10:00am-12:00pm: Bocce Ball— <i>Outdoor</i>	
	10:00am-11:00am: Chair Yoga w/ Sharon (8/5, 8/12, 8/19, 8/26) \$28	
	11:00am-12:45pm: Beginner & Intermediate Clogging (<i>back in September!</i>)	
	11:00am-01:00pm: Ping Pong <i>beginning 8/19</i> NEW!	
	12:30pm-03:30pm: Cards: Learn to Play Spades or Hearts NEW!	
	01:00pm-02:00pm: Ukulele Group	
	01:00pm-03:00pm: Quilting Group (<i>Back September 9th!</i>)	Sponsor Dept. of Aging!
	01:00pm-02:00pm: *Soulful Line Dance with Linda (8/5, 8/12, 8/19, 8/26) FREE!	
	02:15pm-03:15pm: * <i>Beginner</i> Soulful Line Dance (<i>Back in September!</i>)	
02:30pm-03:30pm: *Healthy Bones for Life— Dept. of Aging 518-884-4110 *WAITLIST ONLY*		
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 \$5.00/wk At the Center OR Join Zoom	
	10:00am-12:00pm: Cards: 5 Crowns	
	10:15am-11:15pm: Evidence Based Qi-Gong & Tai Ji w/Bonnie (<i>Back in September!</i>)	
	10:30am-12:00pm: Adult Coloring	
	11:30am-03:00pm: Cards: 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; 8/6, 8/20)		
W E D N E S D A Y	09:00am-10:00am: Exercise to Tape	
	09:30am-10:30am: Garden Club: <i>Grow Your Groceries</i> NEW!	
	09:30am-11:30am: Investment Club (2nd & 4th Wednesday; 8/14, 8/28)	
	10:00am-11:00am: Ukulele Group w/Ron At Center OR Online HERE For Song Sheets click: Here!	
	10:00am-12:00pm: Cards: Intermediate Bridge	
	10:00am-12:00pm: Memories to Memoirs (1st & 3rd Wednesday; 8/7, 8/21)	
	10:30am-11:30pm: Meditation (2nd & 4th Wednesday; 8/14, 8/28) \$14	
	11:00am-12:00pm: * <i>Beginner</i> Latin Line Dancing (<i>Back in September!</i>)	
	11:00am-01:00pm: Ping Pong <i>beginning 8/21</i> NEW!	
	01:00pm-04:00pm: Knitting and Crocheting	
01:00pm-04:00pm: Games: Poker, Mahjong—beginners welcome!	Sponsor Dept. of Aging!	
01:30pm-02:30pm: *Country Line Dance with Linda (8/7, [no 8/14], 8/21, 8/28) FREE!		
02:30pm-03:30pm: *Healthy Bones for Life— Dept. of Aging 518-884-4110 *WAITLIST ONLY*		
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	
	10:00am-12:00pm: Mixed-Media Watercolors & Acrylics w/Mary F. \$6/class paid to instructor (8/8, 8/22)	
	10:15am-11:15am: *Yoga w/Deanna \$5.00/wk At the Center OR Join Zoom	
	12:30pm-04:00pm: Cards: Pinochle	
	01:00pm-02:00pm: Photography Club (2nd & 4th Thursday, 8/8, 8/22)	
	01:00pm-04:00pm: Games: Mahjong	
02:00pm-04:00pm: Indoor Pickleball <i>beginning 8/22</i> NEW!		
F R I D A Y	09:00am-10:00am: Tap Dance— <i>Advanced</i> (<i>Back in September!</i>)	
	09:15am-12:00pm: Woodcarving	
	09:45am-12:00pm: Cards: Beyond the Basics Bridge FREE! Sponsor Dept. of Aging! NEW!	
	10:00am-12:00pm: Bocce Ball— <i>Outdoor</i>	
	10:00am-10:45am: Ballet Class (<i>Back in September!</i>)	
	10:00am-12:00pm: Games: Dominoes/Mexican Train	
	12:45pm-02:30pm: Games: Bingo	
	12:30pm-04:00pm: Cards: 5 Crowns	
	01:00pm-04:00pm: Strategy Board Games: Learn to Play Splendor; Hansa Teutonica, Arboretum, Azul...& MORE!	
	01:00pm-02:00pm: *Latin Line Dancing (8/2, 8/9, 8/16, 8/23, 8/30) FREE! Sponsor Dept. of Aging!	
02:30pm-03:30pm: *Healthy Bones for Life— Dept. of Aging 518-884-4110 *WAITLIST ONLY*		

Come enjoy a day at the Southern Saratoga YMCA every 1st and 2nd Wednesday of the month! Just show your CPSCC Card!

****CPSCC POLICY:**
 •Sign up for most classes begins one week before the class starts. Class size might be limited.
 •Dept. of Aging Programs: must be 60+ and Saratoga Co. resident.

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Turkey Meatloaf w/ Mushroom Gravy Garlic Mashed Potatoes Broccoli Peaches	2 Beef Enchilada Casserole Green Beans Corn Muffin Warm Berry Crisp
5 Garlic Parmesan Chicken Buttered Pasta Peas & Carrots WW Dinner Roll Mandarin Oranges	6 Swiss Steak w/Gravy Mashed Potatoes Spinach SF Chocolate Chip Cookies	7 Breaded Fish Tartar Sauce Macaroni & Cheese Broccoli Fruit Cocktail	8 Quiche Casserole Hash Brown Potatoes Warm Berry Crisp Bran Muffin Fresh Orange	9 LS Turkey & Swiss on Bun Mayonnaise Potato Salad Tomato & Cucumber Salad Banana
12 Pulled BBQ Pork on Roll Cabbage Carrots SF Oatmeal Cookies	13 Orange Ginger Chicken Rice Pilaf Asian Blend Vegetables WW Dinner Roll Yogurt	14 Hot Dog w/Meat Sauce on Bun German Potato Salad Vegetable Trio Applesauce	15 Beef Pot Roast w/Gravy Mashed Potatoes Broccoli Mandarin Oranges	16 Vegetable Lasagna Wax Beans Warm Peach Crisp WW Dinner Roll
19 Meatball Sub Mixed Vegetables Cauliflower SF Vanilla Pudding	20 Sliced Roast Pork w/Gravy Mashed Sweet Potatoes Spinach Applesauce	21 Birthday Special Stuffed Shells w/Meat Sauce Vegetable Trio Green Beans Frosted Cake 	22 Chicken Divan Orzo Pasta Carrots WW Dinner Roll Fruit Cocktail	23 Seafood Salad Macaroni Salad Marinated Green Beans Corn Muffin Mandarin Oranges
26 Italian Sausage w/Peppers & Onions on Roll Spinach Warm Peach Crisp LS Potato Chips	27 Beef & Vegetables Rice Pilaf Green & Wax Beans Shortbread Cookies	28 Egg Salad on Bun Three Bean Salad Marinated Carrots Fresh Plum	29 Breaded Fish w/Tarragon Sauce Oven Roasted Potatoes Peas & Carrots Pears	30 BBQ Chicken Warm Potato Salad Vegetable Trio WW Dinner Roll Yogurt

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 **Stewarts Shops** for their donation and to **our volunteer ice cream scoopers** who helped us celebrate our Independence with sundaes and floats!



*to **the donors** who gave during our July 26th Red Cross Blood Drive; thank you for meeting a critical need!

*to **Donna R.** who created the 45+ yellow ribbons you probably noticed throughout the town recognizing our service men and women!

*to **our volunteers**; our unofficial knitters and crocheters who created more than 50 wonderful hats and scarves. These items will be donated to the Fort Drum Soldiers and their families. They are always looking for donated new items for these families who can pick what they want/need at no cost.

*to **Pat and Don W.** for coordinating this year's Golf Scramble and reception, it was a great morning of golf and fellowship, **and to CDPHP** for sponsoring the Golf League!



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 accept donations of wheelchairs, seated walkers and other items** and loan them out 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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Peregrine Colonie
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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

Peregrine Shaker
Assisted Living & Memory Care with Enhanced Services
518-465-4444

peregrineseniorliving.com



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.

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► Call us today!

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

Where do you want to go in 2024?
CLIFTON PARK SENIOR COMMUNITY CENTER

RAQUETTE LAKE CRUISE & GREAT CAMP SAGAMORE:

Wednesday, August 7, 2024

Enjoy a cruise and buffet luncheon on the W.W. Durant



LAKE GEORGE DINNER THEATER:

Tuesday, August 27, 2024

I Love You, You're Perfect, Now What this whimsical musical revue explores the journey from dating to love



NEW YORK CITY:

Wednesday, September 4, 2024 *A day on your own. Possible small group opportunities*

Option #1: Bryant Park drop off; see a show (matinee Weds.), explore the museums, shop

Option #2a: Tenement Apartment/Museum Group Tour; explore the homes of immigrant and migrant families of the 19th and 20th centuries; AND/OR

Option #2b: Walking Tours of the neighborhood

Option #3: Ellis Island and the Statue of Liberty

Option #4: 9/11 Museum

Sponsored by *Home of the Good Shepherd*

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



A TRIBUTE TO FRANK SINATRA

Wednesday, September 25, 2024

I-7 Entertainment @ Rotterdam Square Mall

GUIDED TOUR OF CLIFTON PARK

Monday, September 30, 2024

Join Town Historian, John Scherer, for a tour in our Senior Van

A DAY IN SOUTHERN VERMONT

Thursday, October 10, 2024

Visit the Sugar Shack, Hildene, and more!

**DAY TRIPS
 COMING SOON!
 OCTOBER &
 NOVEMBER**

Tour Deerfield, MA
 Ride the Rails--Berkshire Scenic Railway
 Majestic Theater in W. Springfield, MA

***Sign up for all trips at least 30 days in advance. Arrive 15-30 minutes before all trips.**

**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.