



Clifton Park Senior Center

November 2024—Monthly Newsletter



Center Hours

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

Center Closing

VETERANS DAY

Monday, November 11

THANKSGIVING HOLIDAY

Thursday, November 28
Friday, November 29

YOU ARE CORDIALLY INVITED TO



An Italian Speakeasy

Featuring:

MURDER AT THE KIT KAT LOUNGE

with the Mystery Dinner Theater Players

Wednesday
November 13

5:00pm • \$15
*Members only

MENU:

Italian Wedding Soup
Pasta Ala Vodka with Chicken
Roasted Broccoli & Cauliflower
Tiramisu

Food provided by:



Sponsored by:



SIGN UP BEGINS FRIDAY, NOVEMBER 1



YOUR 2025
MEMBERSHIP
IS STILL

ONLY
\$20!

All memberships
expire on
December 31

ELECTION DAY

Tuesday, November 5

✓ VOTE

✓ BAKE SALE

✓ MINI BOOK/DVD SALE



Come to the Center
8:30am-5:00pm to pick up
a book and a homemade treat!

VETERANS DAY

BRUNCH

WEDNESDAY, NOVEMBER 13 @11:00AM

CALLING ALL VETERANS!

Come and enjoy a
FREE Breakfast brought to
you by IHOP of Clifton Park.



*CPSSC members bring a Veterans
Food Pantry item for admission ★ REGISTRATION
REQUIRED
(food, snacks, toiletries, cleaning products, etc.)



SOLDIER STOCKINGS service project

Stockings will be
donated to Blue Star
Mothers NY who will
ship to our troops

WE ARE COLLECTING:

Small Games: Dice, cards, sudoku, etc.
Travel Sized: Shampoo, conditioner, lotion, etc.
Regular Sized: Deodorant, chapstick, baby
wipes, sunscreen, pens/pencils, cough drops
Candy: Send in your Halloween leftovers!

WE NEED: Felt to make the
stockings and people to cut,
sew and decorate

@11:00am
to 1:30pm
WEDS 11/6
THURS 11/7



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

Weds. & Thurs. November 6 & 7	11:00am-1:30pm	*Soldier Stockings Service Project: we still need donations of items and volunteers to cut, sew decorate and stuff stockings. Visit www.capitalregion2bsm.org for full list of needs.
Tuesdays in November NEW!	10:30am-12:30pm	"Show Me The Money!": play this fun game that is a cross between poker and bingo; with your playing cards and chip markers you could win big! No registration necessary.
Wednesdays in November NEW!	9:00am-10:00am	Learn the Banjo: learn to play Southern Old Time Clawhammer Banjo with Ron. Violin players welcome to learn southern dance tunes. Instruments and registration required. FREE.
Thursday, November 7	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. FREE.
Friday, November 8	10:00am-12:00pm	Guest Crafter: Iris Folding with Pat T. Learn the art of Iris Folding in cardmaking; sample on display at the front desk. Registration required. \$4 cash supply fee.
Friday, November 8	1:00pm-2:30pm	Jewelry Making Class: Sample on display at the front desk. Join us to make lovely holiday gifts; get your holiday shopping done now! Registration required. \$4 cash supply fee.
Tuesday, November 12	12:30pm-2:00pm	NYSHIP Retiree Coverage: Meet with Rohdel Green for one-on-one Q&A on continuing NYS retiree health coverage under New York State Health Insurance Program. Registration Required. FREE.
Wednesday, November 13	11:00am-12:00pm	*Veterans Brunch: honor our brave and selfless Veterans with a breakfast for us all. Sponsored by IHOP Clifton Park; Veterans are FREE, CPSCC members bring a vets food pantry item. Registration required.
Thursday, November 14	12:30pm	Collette Travel Presentation: Where do you want to go in 2025/2026? Listen to a presentation on options for travel to the Canadian Rockies, Mackinac Island and the Great Lakes Region, Charleston and Savannah, and perhaps the Pacific Northwest. Registration required. FREE.
Thursday, November 14	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.
Saturday, November 16	10:00am-2:00pm	*Repair Café: work with Repair Coaches to fix broken treasures and possessions to keep out of landfills; bring in your broken lamps, toasters, furniture, toys, clothing, jewelry, computers, etc. FREE.
Tuesday, November 19	11:00am-12:00pm	Empowered Caregiver Series: learn to communicate effectively and respond to dementia-related behaviors with the Alzheimer's Association. Registration required. FREE.
Tuesday, November 19	1:00pm	Movie & Popcorn: You've Got Mail (1998) Happy Birthday Meg Ryan! Come and celebrate with refreshments and this sweet and off-beat romantic comedy. Registration required. FREE.
Wednesday, November 20	10:30am-12:00pm	*Blankets 4 Tots: help make no-sew blankets for the up-coming Toys 4 Tots convoy to bring toys, coats and hats to kids in the Capital Region. No experience or equipment necessary. Registration required.
Wednesday, November 20	1:00pm-4:00pm	*Dept. of Aging and Youth Services Office Hours: Make an appointment and bring your questions and concerns to this monthly session to see how they can help.
Wednesday, November 20	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 & provide resources. For appointment 518-888-5846.
Thursday, November 21	5:00pm	*Shen Friendship Dinner: The Shen Schools are holding their annual Friendship Dinner at Shen HS East; space is limited, get your tickets at the Front Desk. Limit 2 tickets/person. Seniors only. FREE.
Monday, November 25	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, December 4	10:00am-11:00am	National Cookie Day! Celebrate with a Cookie Swap: bring 2 dozen of your favorite cookies (<i>and the recipe</i>) to swap for the favorite cookies from everyone else! Registration required. FREE.

You can Donate your old eyeglasses and hearing aids at the Senior Center!
*all donations go to the Lions Club's Recycle for Sight Program


DID YOU KNOW? The Clifton Park Senior Center is available for private events Monday through Friday after 4pm, and all day on weekends. Whether you're planning a party, meeting or special occasion, consider renting our space! Tables, chairs and ample parking provided.

**Contact us for more information:
518-383-1343**






OFFICE HOURS
**By appointment only.*

Saratoga Co. Department of Aging:
1pm-4pm on the third Weds of each month. Contact the Front Desk for appointment.

Alzheimer's Association:
10am-1pm on the third Weds of each month. For appointment 518-888-5846.

M O N D A Y	09:00am-10:00pm: Tap Dance (11/4, [no 11/11, 11/18] 11/25) \$10	<i>*indicates membership not required †Dept. of Aging Programs: must be 60+ and Saratoga County resident.</i>
	09:45am-12:00pm: Discussion Group [no 11/11]	
	10:00am-10:45am: Jazz Dance (11/4, [no 11/11, 11/18] 11/25) \$8	
	10:00am-12:00pm: Bocce Ball—Outdoor	
	10:00am-11:00am: Chair Yoga (11/4, [no 11/11] 11/18, 11/25) \$21	
	10:30am-12:30pm: *†Ping Pong [no 11/11]	
	11:00am-12:45pm: Beginner & Intermediate Clogging (11/4, [no 11/11] 11/18, 11/25) \$21	
	12:30pm-03:30pm: Cards & Games: Decide as a group! [no 11/11]	
	01:00pm-02:00pm: Ukulele Group [no 11/11, 11/25]	
	01:00pm-02:00pm: Soulful Line Dance with Mary & Frank (11/4, [no 11/11] 11/18, 11/25) \$15	
	01:00pm-03:00pm: Quilting Group [no 11/11]	
	02:15pm-03:15pm: <i>Beginner</i> Line Dance with Linda (11/4, [no 11/11] 11/18, 11/25) \$15	
	02:30pm-03:30pm: *†Healthy Bones for Life 518-884-4110 *WAITLIST ONLY* [no 11/11]	
T U E S D A Y	09:00am-10:00am: Exercise to Tape [no 11/5]	
	09:00am-11:30am: Games: Billiards/Pool	
	09:15am-10:15am: *Yoga w/Deanna \$5.00/wk At the Center OR <u>Join Zoom</u>	
	10:00am-12:00pm: Cards: 5 Crowns	
	10:30am-12:30pm: Games: "Show Me The Money!" (2nd & 4th Tuesday, 11/12, 11/26) NEW!	
	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; [no 11/5] 11/12, 11/19)	
W E D N E S D A Y	09:00am-10:00am: Exercise to Tape	 <p>Come enjoy a day at the Southern Saratoga YMCA every 1st and 2nd Wednesday of the month! Just show your CPSCC Card!</p>
	09:00am-10:00am: Learn the Banjo [no 11/20, 11/27]	
	09:30am-11:30am: Investment Club (2nd & 4th Wednesday; 11/13, 11/27)	
	10:00am-11:00am: Ukulele Group [no 11/20, 11/27]	
	10:00am-12:00pm: Cards: Intermediate Bridge	
	10:00am-12:00pm: Memories to Memoirs (1st & 3rd Wednesday; 11/6, 11/20)	
	10:30am-11:30pm: Meditation (2nd & 4th Wednesday; 11/13, 11/27) \$14	
	11:00pm-01:00pm: *†Ping Pong	
	12:00pm-02:00pm: Bowling at <i>Spare Time</i> \$12/week shoes, 2 games, and lunch	
	01:00pm-02:00pm: *MVP Zumba Gold Toning (9/11 through 11/20) FREE!	
	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 (11/6, 11/13, 11/20 [no 11/27]) \$15	
02:30pm-03:30pm: *†Healthy Bones for Life 518-884-4110 *WAITLIST ONLY*		
T H U R S D A Y	09:00am-10:00am: Exercise to Tape [no 11/28]	
	09:00am-11:30am: Games: Billiards/Pool [no 11/28]	
	10:00am-11:30am: Chorus [no 11/28]	
	10:00am-12:00pm: Games: Rummikub [no 11/28]	
	10:00am-12:00pm: Mixed-Media Watercolors & Acrylics w/Mary F. \$6/class paid to instructor (11/7, 11/21)	
	10:15am-11:15am: *Yoga w/Deanna \$5.00/wk At the Center OR <u>Join Zoom</u> [no 11/28]	
	12:30pm-04:00pm: Cards: Pinochle [no 11/28]	
	01:00pm-02:00pm: Photography Club (2nd & 4th Thursday, 11/14, [no 11/28])	
	01:00pm-04:00pm: Games: Mahjong [no 11/28]	
02:00pm-04:00pm: *†Indoor Pickleball [no 11/28] (No lessons)		
F R I D A Y	09:00am-10:00am: Tap Dance—Advanced (11/1, 11/8, 11/15, 11/22, [no 11/29]) \$20	
	09:00am-10:55am: Orchestra [no 11/29]	
	09:15am-12:00pm: Woodcarving [no 11/29]	
	10:00am-10:45pm: Ballet Class (11/1, 11/8, 11/15, 11/22, [no 11/29]) \$16	
	10:00am-12:00pm: Games: Dominoes/Mexican Train, Bocce Ball [no 11/29]	
	10:55am-12:30pm: Big Jazz Band [no 11/29]	
	12:30pm-04:00pm: Cards: 5 Crowns [no 11/29]	
	12:45pm-02:30pm: Games: Bingo [no 11/29]	
	01:00pm-02:00pm: Latin Line Dancing (11/1, 11/8, 11/15, 11/22, [no 11/29]) \$15	
	01:00pm-02:30pm: Jewelry Making (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 & more! [no 11/29]	
	01:30pm-04:00pm: *†Strategic Scrabble [no 11/29]	
	02:30pm-03:30pm: *†Healthy Bones for Life 518-884-4110 *WAITLIST ONLY* [no 11/29]	

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chili Spinach Cauliflower Corn Muffin Fruit Cocktail
4 Roast Pork w/Tarragon Sauce Mashed Potatoes Asparagus Vegetable Medley Applesauce	5 Chicken Parmesan Pasta w/Sauce Vegetable Trio Pears	6 LS Ham & Swiss Cheese on Bun Mustard Marinated Carrots Coleslaw Banana	7 Beef & Broccoli Rice Pilaf Green & Wax Beans Fruit Cocktail	8 Stuffed Pepper Casserole Beets Mixed Vegetables Graham Crackers Yogurt
11 Closed 	12 Pulled BBQ Beef on Bun California Blend Vegetables Warm Apple Crisp	13 Spinach Feta Chicken Rice Pilaf Vegetable Trio WW Dinner Roll Shortbread Cookies	14 Macaroni & Cheese Butternut Squash Green Beans Mandarin Oranges	15 Meatballs in Sauce Pasta w/Marinara Sauce Broccoli Fruit Cocktail
18 Roast Pork w/Gravy Mashed Potatoes Butternut Squash WW Dinner Roll Applesauce	19 Chicken & Biscuit Mashed Sweet Potatoes Lima Beans WW Dinner Roll Fresh Orange	20 Tuna Salad on Bun Macaroni Salad Marinated Vegetable Salad Apple	21 Pasta Bake w/Meat Sauce Broccoli Wax Beans WW Dinner Roll SF Chocolate Pudding	22 Thanksgiving Special  Roast Turkey w/Gravy & Stuffing Mashed Potatoes Green Beans Cranberry Sauce Dinner Roll Pumpkin Pie
25 Pesto Chicken Buttered Egg Noodles Stewed Tomatoes WW Dinner Roll Mandarin Oranges	26 Pasta Fagioli w/Sausage Spinach Warm Cranberry Crunch Yogurt	27 Birthday Special Beef Pot Roast w/Gravy Mashed Potatoes California Blend Vegetables Frosted Cake 	28 Closed	29 Closed 

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 **Shirley Roberts** and her team of **Basket Party volunteers** who worked for months on preparing baskets and door prizes; it was a fun event, we can't wait until next year!

*to our dinner sponsor, **CDPHP**, caterer, **Spice Malabar**, and dancers from the **Narthanalaya School of Arts**; it was a great event!



*to **Bowman Orchard** for their donation of delicious pies!

*to **AJ and Ingrid Betzweiser** for bringing in and teaching us all about their collection of turtles, lizards, snake and Buttercup the hedgehog!

*to the **Orchestra on the Commons** for a great fall show! And to the **volunteer bakers** who provided treats for the reception afterward.

*to our **Soldier Stockings volunteers**: thanks to those who donated and who helped create the stockings for our soldiers!

*to the **Wellness Fair vendors** who came and gave us helpful information on best health practices and new Medicare plans!

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!



The Southern Saratoga Art Society will be exhibiting at the Clifton Park Senior Community Center during November and December, 2024. Members of SSAS will participate in a themed show called "Artwork inspired by a song".

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

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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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Memory Care | Senior Apartments | Home Care



Eddy Memory Care Presents:

When Is It Time To Make The Move?

November 6, 7, or 12 at 5:30 p.m.

Sign up at: EddyMemoryCare.com

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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.

Clifton Park Resident & Member of our Senior Center


LICENSED MEDICARE SALES BROKER



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Cell: 518-461-1945 Office: 518-383-5134
27 Merrall Drive, Clifton Park, NY 12065

THERE HAVE BEEN QUITE A FEW CHANGES TO MEDICARE FOR 2025.
Call 7 days a week; 8:00am to 7:00pm.
Meet in my office or your home.



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Empowering our residents to thrive the Peregrine Way®

Communities in the Albany Area

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- Peregrine Colonie**
Memory Care with Enhanced Services
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- Peregrine Crossgate**
Independent Living & Assisted Living
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- Peregrine Delmar Place**
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518-434-4663
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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 2025/26?
COLLETTE TOURS-TRAVEL PRESENTATIONS:

NOVEMBER 14 @ 12:30PM: LEARN ABOUT THESE AMAZING TRIPS

CANADIAN ROCKIES

3 Great options!

SOUTHERN CHARM

Charlston, SC;
 Savannah, GA; Jekyll Island, GA

MACKINAC ISLAND AND THE GREAT LAKES REGION

Chicago, Grand Rapids Michigan, and more!

PACIFIC NORTHWEST

Mount St. Helens to the Giant Redwoods: Seattle, WA;
 Portland, OR; Redwood National Park, and San Francisco, CA

WE STILL HAVE ROOM ON THESE GREAT TRIPS

A MOON FOR THE MISBEGOTTEN @ MAJESTIC THEATER

Saturday, November 23, 2024

Enjoy a luncheon at Tansey's catered Table and this emotional and unforgettable play by Nobel laureate, Eugene O'Neill

A CHRISTMAS CLASSIC @ TURNING STONE CASINO

Thursday, December 12, 2024

The hottest hits from the 50s and 60s with beloved holiday songs; starring Chris Rugiero

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.