



Clifton Park Senior Community Center NEWSLETTER

6 Clifton Common Court, Clifton Park, New York 12065 || ph: 518-383-1343

FEBRUARY 2025

CENTER HOURS

Monday-Friday, 9am-4pm

Closed

Presidents Day

Monday, February 17

Inclement Weather Schedule

We follow the Shenendehowa School District for closings and delays. If school is closed or delayed, we follow the same schedule. Check your local news station for updates.

Impressive Enhancements at the Center

We are excited to share the remarkable improvements that have been made since the Town of Clifton Park took over management of the Senior Center. These changes reflect the Town Board's commitment to providing a welcoming, enriching environment for all our members.

The Relocated and Enhanced Library: features new, comfortable recliner chairs, creating a perfect spot for reading, socializing, or joining in on community puzzles.

Expanded Craft Room: The craft room has been moved to a larger space, now offering a variety of programs and classes for all interests and skill levels.

Safety Improvements: A new safety rail has been installed along the 64-foot hallway to ensure greater security and comfort for all visitors.

The Indoor Bocce Ball Court: adds another fun and engaging activity for our members during the cold winter days.

The Indoor Pickleball Court: provides a fantastic opportunity for friendly competition and physical activity year-round.

Revitalized Lobby Area: The updated lobby now features comfortable seating and a beautifully designed Coffee Station, providing an inviting space to relax and connect with friends.

We are incredibly proud not only of the facility itself but also of the diverse programs, dance and exercise classes, and the dedication of our exceptional instructors, volunteers, and members.

For many of you, this center has truly become a second home and a second family—a place where friendships flourish and community thrives.

Susan Leonard, Director

SOUP-ER BOWL PARTY!

Thursday, February 6 @ 12:30pm

Dig out your favorite soup, stew, or chili recipe for this fun cook-off! Sign up to compete, or sign up to bring a side dish, chips, or a drink--we'll have fun leading up to

The Big Game! Registration required--space is limited.



Join us as we wish Jackie DiLorenzo a Very Happy 100th Birthday!

Monday, February 10 @ 11:15am

In-house Entertainment with our very own

'Shen Showstoppers'! Please bring an appetizer or

finger food to share. We'll bring the cake.

Love is in the air!

A Valentine's Musical Celebration

Friday, February 14 @ 1:30pm



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

FASHION SHOW LUNCHEON AT THE VISTA



924 Main Street, Clifton Park

Sunday, April 27, 2025

11:30am-3:30pm

OPEN TO THE PUBLIC!

Tickets on Sale - \$50

Enjoy a delicious luncheon with Door Prizes. Silent Auction and beautiful fashions from *Boscova!*

COVID SHOT CLINIC

Thursday, February 13

11:00am-12:30pm

Sign up for a time to get your Moderna shot at the

Front Desk. Sign up [HERE](#).

*Bring a copy of your insurance card.

RANDOM ACTS

OF KINDNESS Month

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; bring cookies to a neighbor; pay forward a cup of coffee.

CHECK PAGE 4 FOR TRIP INFORMATION!

Tuesdays in February NEW!	12:30pm-4:00pm	*Learn to Play Mahjong: with Maddy. Come and find out why this tile game has been around for over 2,500 years! Registration required. FREE. (sponsored by Dept. of Aging)
Fridays in February	2:00pm-4:00pm	Indoor Bocce Ball & Ping-Pong: Come and play on our indoor bocce court and ping-pong tables; equipment provided. FREE.
Tuesday, February 11	9:30am-11:30am	Light Mending with Patti: Drop In, Drop Off, Pick Up later; 2-3 items bagged, with your name, phone # and what needs to be mended— bring supplies if needed (buttons, etc.) No alterations. Laundered Clothing Items Only.
Tuesday, February 11 NEW!	10:45am-11:45am	Just Say Yes to Fruits and Vegetables: This program educates on the importance of fruit and vegetable intake and how to find more affordable access to fresh produce. Each class consists of an interactive nutrition lesson followed by a recipe demonstration. SNAP eligible clients will receive an incentive and fresh produce to take home. Second Tuesday. Registration required. FREE.
Thursday, February 13	11:00am-12:30pm	Covid Shot Clinic: Sign up online HERE or at the Front Desk for an appointment. Bring your insurance card to your appointment. Registration required. FREE.
Friday, February 14	1:00pm-2:30pm	*Jewelry Making Class: Sample on display at the front desk. Join us to make lovely gifts for friends...or for yourself! Registration required. FREE. (sponsored by Dept. of Aging)
Tuesday, February 18 NEW!	10:30am-11:30am	Book Club: Participate in a discussion on <i>The Silent Patient</i> by Alex Michaelides. Registration required. Books not provided. Book for March 18: <i>The Life Cycle of the Common Octopus</i> by Emma Knight
Wednesday, February 19	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.
Wednesday, February 19	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, February 19	1:00pm	Movie and Popcorn: <i>First Wives Club</i> (1996) Goldie Hawn, Bette Midler and Diane Keaton are three mid-life Manhattanites who are dumped for newer, curvier models. Follow along as they hit their exes where it hurts—their wallets! Registration required. FREE.
Thursday, February 20	1:30pm-2:30pm	Computer Skills Tutoring: Shen High School students will guide us through the use of our phones, tablets and computers. Registration required. FREE.
Monday, February 24	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
Thursday, February 27	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.
Weds and Thurs March 5 & 6	10:00am-12:30pm	*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. Use our sewing machines or bring your own.
Thursdays in March NEW!	2:00pm-4:00pm	*Intro to Pickleball – Lessons: on our indoor court at CPSCC; brand new players can learn the basics with an instructor: equipment, unique lingo, score keeping, court position, and the fundamentals of serve, return, and volley. Max of 8 people. Registration required. FREE (sponsored by Dept. of Aging)

AARP SM 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* Tax-Aide™ *make an appointment until you receive all of your documents.*



Celebrating with Jackie (Elizabeth) DiLorenzo—100 years young


Jackie DiLorenzo (Elizabeth) is a beloved member of her community and a cherished mother, wife, and friend. Raised in Schenectady, Jackie married her husband, Patrick (Charles), in 1948. Together, they built a loving home in Rexford where they raised their five children over the course of more than six decades.

In her early career, Jackie worked as an administrative office assistant. She then became the local Avon lady, a role that allowed her to spend time with her young children and connect with others in her community. Jackie is dedicated to her family, with some of her fondest memories centered around vacations with her children—especially trips to the Jersey Shore, a family favorite.




Jackie is an active member of the Clifton Park Seniors, where she participates in a variety of dance classes including Jazz, Ballet, Tap, and Line Dancing. Her enthusiasm for staying active and engaged is evident, and she continues to pursue these activities with passion.

Jackie always sought to live a simple and joyful life, guided by her faith and an unwavering belief in the importance of living without unnecessary stress. Her motto, "Don't Stress," resonates with all who know her.

Jackie serves as a reminder of the power of love, faith, and simplicity in navigating the challenges of life.

M O N D A Y	09:00am-10:00pm:	Tap Dance (1/27, 2/3, 2/10 [no 2/17] 2/24) \$20	*indicates membership not required †Dept. of Aging Programs: must be 60+ and Saratoga County resident.
	09:45am-12:00pm:	Discussion Group [no 2/17]	
	10:00am-10:45am:	Jazz Dance (1/27, 2/3, 2/10 [no 2/17] 2/24) \$20	
	10:00am-11:00am:	Chair Yoga (2/3, 2/10 [no 2/17] 2/24) \$21	
	11:00am-12:45pm:	Beginner & Intermediate Clogging (<i>Back in March!</i>)	
	12:30pm-03:30pm:	Cards & Games: Decide as a group! [no 2/17]	
	01:00pm-02:00pm:	Ukulele Group [no 2/17]	
	01:00pm-02:00pm:	<i>Modern Line Dance Fusion</i> with Mary & Frank (2/3, 2/10 [no 2/17] 2/24) \$15 (<i>formerly Soul Line Dance</i>)	
	01:00pm-03:00pm:	Quilting Group (1:30pm on 2/10 [no 2/17])	
	02:30pm-03:30pm:	*†Healthy Bones for Life 518-884-4110 *WAITLIST ONLY* [no 2/17]	
T U 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-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	
	10:15am-11:15am:	QiGong with Rob (2/4, 2/11, 2/18, 2/25) \$28	
	10:30am-12:00pm:	Adult Coloring	
	11:00am-12:00pm:	Ice Skating at <i>Capital Arena</i> \$5/week pd. at ice rink, includes skates	
	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; 2/4, 2/18)	
W E D N E S D A Y	09:00am-10:00am:	Exercise to Tape	<p>NEW!</p> <p>NEW!</p> <p>Memories to Memoirs</p> <p>Do you like to write about your memories? Come join us on the 1st and 3rd Wednesdays of each month. Be ready to share.</p>
	09:00am-10:00am:	Learn the Banjo	
	09:30am-11:30am:	Investment Club (2nd & 4th Wednesday; 2/12, [no 2/26])	
	10:00am-11:00am:	Ukulele Group	
	10:00am-11:30am:	Garden Club: <i>Grow your own groceries!</i> (2nd & 4th Wednesday; 2/12, 2/26)	
	10:00am-12:00pm:	Cards: Intermediate Bridge	
	10:00am-12:00pm:	Memories to Memoirs (1st & 3rd Wednesday, 2/5, 2/19)	
	10:00am-01:00pm:	*†Ping Pong	
	10:30am-11:30pm:	Meditation (2nd & 4th Wednesday; 2/12, 2/26) \$14	
	12:00pm-02:00pm:	Bowling at <i>Spare Time</i> \$12/week shoes, 2 games, and lunch	
	12:30pm-04:00pm:	Games: Mahjong—beginners welcome!	
	01:00pm-01:45pm:	*MVP Bokwa Dance Moves (1/8 through 3/19 [no 2/19]) FREE!	
	01:00pm-04:00pm:	Knitting and Crocheting	
01:00pm-04:00pm:	Games: Poker		
01:30pm-02:30pm:	Country Line Dance with Mary & Frank (2/5, 2/12, 2/19, 2/26) \$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	
	09:00am-11:30am:	Games: Billiards/Pool	
	10:00am-11:30am:	Chorus	
	10:00am-12:00pm:	Games: Rummikub	
	10:00am-12:00pm:	Mixed-Media Watercolors & Acrylics w/Mary F. \$6/class paid to instructor (2nd & 4th Thursday 2/13, 2/27)	
	10:15am-11:15am:	*Yoga w/Deanna \$5.00/wk At the Center OR <u>Join Zoom</u>	
	12:30pm-04:00pm:	Cards: Pinochle Games: Mahjong	
	01:00pm-02:00pm:	Photography Club (2nd & 4th Thursday, 2/13, 2/27)	
02:00pm-04:00pm:	Indoor Pickleball (<i>Lessons begin in March—registration required</i>)		
F R I D A Y	09:00am-10:00am:	Tap Dance— <i>Advanced</i> (2/7, 2/14, 2/21, 2/28) \$20	
	09:00am-10:55am:	Orchestra	
	09:15am-12:00pm:	Woodcarving	
	10:00am-10:45pm:	Ballet Class (2/7, 2/14, 2/21, 2/28) \$16	
	10:00am-12:00pm:	Games: Dominoes/Mexican Train	
	10:55am-12:30pm:	Big Jazz Band	
	12:30pm-04:00pm:	Cards: 5 Crowns	
	12:45pm-02:30pm:	Games: Bingo [no 2/14]	
	01:00pm-02:00pm:	Latin Line Dancing (2/7, 2/14, 2/21, 2/28) \$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!	
	01:30pm-04:00pm:	*†Strategic Scrabble	
	02:00pm-04:00pm:	Indoor Bocce Ball and Ping Pong	
02:30pm-03:30pm:	*†Healthy Bones for Life 518-884-4110 *WAITLIST ONLY*		

SARATOGA COUNTY DEPARTMENT OF AGING & YOUTH SERVICES-February 2025
GATHER & DINE/HOME DELIVERED MEALS 518-363-4020

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Florentine Rice Pilaf Peas & Carrots Fruit Cocktail	4 Salisbury Steak w/Gravy Mashed Potatoes Butternut Squash Applesauce	5 Sliced Pork w/Mushroom Cream Sauce Red Bliss Potato Carrots WW Dinner Roll Mandarin Oranges	6 Swedish Meatballs Buttered Egg Noodles Broccoli SF Chocolate Pudding	7 Seafood Newburg Rice Pilaf Vegetable Trio Corn Muffin Fresh Orange
10 Spanish Beef & Rice Casserole Peas Warm Peach Crisp	11 Egg Salad on Bun Coleslaw Marinated Vegetable Salad Banana	12 Turkey Burger w/Mushroom Swiss Sauce on Bun Mixed Vegetables Warm Berry Crisp Yogurt	13 Shepherd's Pie Spinach Warm Cranberry Crunch Graham Crackers	14 Valentine's Special Chicken Marsala Parmesan Noodles Garlic Broccoli Dinner Roll Frosted Red Velvet Cake 
17 Closed 	18 Chicken and Biscuit Broccoli Butternut Squash Shortbread Cookies	19 Fiesta Meatloaf w/Gravy Mashed Potato Mixed Vegetables Applesauce	20 Beef & Broccoli Rice Pilaf Green & Wax beans Fruit Cocktail	21 Eggplant Parmesan Pasta w/Marinara Sauce Asparagus Vegetable Medley WW Dinner Roll Yogurt
24 Cubed Pork & White Bean Casserole Broccoli Warm Apple Crisp WW Dinner Roll	25 Turkey Divan Mashed Potatoes Butternut Squash Pumpkin Muffin Applesauce	26 Birthday Special  Beef Pot Roast w/Gravy Mashed Sweet Potatoes Vegetable Trio Frosted Cake	27 Chicken A La King Rice Pilaf Mixed Vegetables WW Dinner Roll Mandarin Oranges	28 Seafood Salad on Bun Macaroni Salad Marinated Green Beans Pears

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!

Where do you want to go?

CLIFTON PARK SENIOR COMMUNITY CENTER

ST. PATRICK'S DAY TRIP to Gavin's, E. Durham

Thursday, March 13, 2025

Lunch, a show, and more!

'NOAH' SIGHTS & SOUNDS of Lancaster, PA

May 5-7, 2025 w/White Star Tours

Guided Amish tour, craft farm, bakeshop, Jacob's Choice presentation. Kitchen Kettle Village Miniature Horse Farm.

CANADIAN ROCKIES BY TRAIN

September 14-22, 2025 w/Collette Tours

British Columbia, Vancouver, Alberta, Jasper, Lake Louise, Banff, Calgary and more! Register by March 14.

CANADIAN ROCKIES & GLACIER NATIONAL PARKS

September 21-27, 2025 w/Collette Tours

Calgary, Alberta, Banff, and more! Register by February 21.

CHRISTMAS SPECTACULAR RADIO CITY ROCKETTES

December 9-11, 2025 w/White Star Tours

Guided Lower Manhattan tour, 9/11 Museum and more!

SOUTHERN CHARM

April 7-13, 2026 w/Collette Tours

Charleston, South Carolina; and Georgia: Savannah, St. Simmons Island and Jekyll Island

WISHLIST

We're looking for the following items for the Senior Center:

Mahjong set & racks with pushers
Wall clocks



Southern Saratoga Art Society proudly presents "Gentlemen's Art Exhibit" featuring artists and members of SSAS: David

Mayack, Brian Skanes, Frank Coletta, John Morrette and William Daisak, during the months of January and February, 2025.

Viewing of artwork will be Monday thru Friday (afternoons): 518-383-1343.

For more information on SSAS, visit southernsaratogaartist.com

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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!

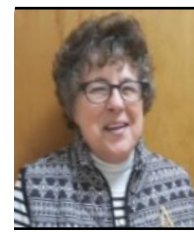
*Have old prescription medications and not sure what to do with them? Stop in at the Center to pick up a DETERRA drug deactivation system provided by NYS. This is a safe, convenient and effective way to discard unneeded meds.

Meet your CPSCC Staff!

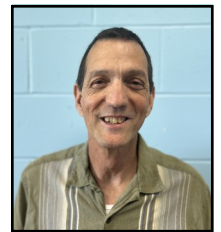
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Since 2017



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Bill Torres
Recreation Attendant
Since 2024



Stacie Agostino
Program Coordinator
Since 2023



Johanne Shephard
Clerk
Since 2020

VOLUNTEER CORNER

Fashion Show Committee

Join a sub-committee and help us plan the 2025 Fashion Show:

Model Management, Table Decoration
Silent Auction & Raffle canvassing
Clean Up Crew

Soup-er Bowl Party:
Set up crew

Thursday, Feb. 6
@11:30am

Front Desk, substitute

Answer the phone,
answer questions,
and make coffee



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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Home of the Good Shepherd

MALTA	MOREAU	SARATOGA	WILTON
26 Rock Rose Way Malta, NY (518) 581-2800	198 Bluebird Rd. Moreau, NY (518) 792-1000	400 Church Street Saratoga Springs, NY (518) 450-7360	60 Waller Rd. Wilton, NY (518) 580-0702

homeofthegoodshepherd.com



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

TO: CURRENT OCCUPANT OR

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.