



Clifton Park Senior Community Center

May 2020—Ongoing Updates

Weekly Group Activities With Our Instructors...

To set up Zoom, [Click Here!](#)

MONDAYS

10am: Sing Along/Learn to Play Ukulele with Ron: [Join Zoom Meeting](#) For Song Sheets & Information: [Here!](#)

1pm: Soul Line Dancing with Mary and Frank: [Join Zoom Meeting](#)

TUESDAYS

10am: Basic Computer Skills with Bob: [Join Zoom Meeting](#) And For More Information: [Here!](#)

1:20pm: Tai Chi for Arthritis with Rich Martin: [Join Zoom Meeting](#)

WEDNESDAYS

10am: Chat with Senior Center Staff: [Join Zoom Meeting](#)

11am: Member Chat- Visit with Friends: [Join Zoom Meeting](#)

1pm: Crocheting & Knitting Chat Group: [Join Zoom Meeting](#)

THURSDAYS

10am: Yoga with Deanna Seabridge: [Join Zoom Meeting](#)

FRIDAYS EEE: (Educate, Entertain & Explore)

May 8th, 10am: Medicare Fraud with Beth Nelson, NYS Senior Action Council: [Join Zoom Meeting](#)

May 15th, 10am: Gut Health w/ Valerie, Health Coach-Your Health, Your Home: [Join Zoom Meeting](#)

May 22nd, 10am: Senior Fraud with Trooper Rothwein & Maria of Home Instead: [Join Zoom Meeting](#)

7pm: Weekly Dance Party with Mary & Frank Colby: [Click Here!](#)

ANYTIME

Beginner Clogging—The Basics - with Fran Beaudoin (pre-recorded) — come try something new: [Click Here!](#)

Yoga with Deanna Seabridge - Did you miss a class? Join a prerecorded session: [Click Here!](#)

Stay Connected...

We are updating our Facebook page with new activities. "Like" our page on Facebook by clicking the link here:

<https://www.facebook.com/CliftonParkSeniorCenter/>

We are also updating our Town of Clifton Park Website with all new activities and updates click here: <https://cliftonpark.org/services/senior-services/senior-center.html>

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A Message from the Director...

Dear Friends,

As I write this note, we are still practicing social distancing, while we safely await the time when we can begin to get back to normal. As you have heard numerous times, we must follow the CDC and New York State guidelines for a while longer while our medical professionals' sort all of this out for us. In the meantime, we have not forgotten you.

Raina, Donovan and I have been busy planning programs we can offer you that are fun, beneficial and free for you to consider joining as you remain at home. We know we will find more as the days and weeks progress, but here are the ones we have ready for you now.

Of course, we know we cannot be together (yet), but these programs can be easily found on your computer, laptop or tablet with very little effort once you know how. To help, we are offering classes using Zoom, the popular downloadable program which you can use not only to access our classes but also to stay in audio and video touch with friends and family. It's EASY.

If you need any assistance with this or other necessities like food or medicine, please call us. We are here for you through thick and thin, and eagerly await seeing you all again soon.

Warm Regards, Sue Leonard

Center Activities...

1000 piece Puzzle Challenge: Pick up a puzzle OR do one of your own. Take a picture and we'll post it on Facebook. Call the center for pick up times.

EEE - Dredging up the Past with Town Historian John Scherer: Recording and Interpreting Clifton Park's History: [Click Here!](#)

The Energy Brothers': "Upgrade to the Clean Energy Life": May 28th 7pm: [Register Here!](#)

Community Activities...

YMCA FREE Classes for Older Adults: (Y membership NOT required): [Click Here!](#) More Classes: [Click Here!](#)

2020 Census [Click Here!](#) Need Help? Call us 383-1343

AARP Defensive Driving Class Online: [Click Here!](#)

Majestic Theater Plays: [Click Here!](#)

CDPHP Medicare 101: Thursday, May 21st at Noon. [Click Here!](#)

Please Share this information with your community friends and family.

If you, or someone you know, needs assistance, please contact the Senior Center at 518-383-1343 or Town Hall at 518-371-0083.