



# Clifton Park Senior Community Center

April 2020—Ongoing Updates

## Weekly Group Activities With Our Instructors...

**\*Please get to your classes 5 minutes early.\***

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

### **MONDAY**

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](#)

### **TUESDAY**

10am: Basic Computer Skills with Bob: [Join Zoom Meeting](#) And For More Information: [Here!](#)  
Get Started using Zoom for video conferencing.

1:20pm: Tai Chi for Arthritis with Rich Martin: [Join Zoom Meeting](#) **\*NOTE NEW TIME!\***

### **WEDNESDAY —Coming Soon!**

### **THURSDAY**

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

### **FRIDAY**

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

### **ANYTIME**

Clogging (pre-recorded) with Fran Beaudoin instructing — come try something new:

With Music: [Click Here!](#) Without Music: [Click Here!](#)

## Community Activities...

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

**The Calistri-Yeh Corona Concert Series:** 3 Cello Concerts put on by the son of Senior Center Members!: [Click Here!](#)

**Tuesday, April 21 5:30-6:30 pm FREE Community Dinner:** Shen Methodist Church- Enjoy Ziti w/ Meatballs, Tossed Salad, Garlic Bread, Fresh Fruit & Dessert. Drive-thru only. Please leave a message at (518) 371-7964 to reserve your meal(s).

**Judi Clements Jokes and Songs:** [Click Here!](#)

## A Message from our Town Supervisor Phil Barrett...

The Town of Clifton Park wishes you all the very best during this public health emergency. During periods of social distancing and interruption of daily routines, we understand the difficulties this can cause. Everyone must take additional precautions, especially people that are most vulnerable. Many people are smartly remaining home. In an effort to assist people in this new reality, the Town has been helping seniors in our community with grocery shopping and other important tasks. We have also conducted two food drives in two weeks that have garnered an enormous amount of supplies for people in our community who need additional assistance through the CAPTAIN Pantry. The Senior Van transportation service continues to operate to ensure important medical appointments are not missed. Every department of the Town continues to operate at low workforce levels, as mandated by New York State.

If you or someone you know can use our assistance, please contact Raina at 383-1343 or Jean in my office at 371-0083. You can also contact me at [pbarrett@cliftonpark.org](mailto:pbarrett@cliftonpark.org) or Councilwoman Amy Standaert at [astandaert@cliftonpark.org](mailto:astandaert@cliftonpark.org). Although town buildings have been closed to public access, the phones at the Clifton Park Senior Community Center will continue to be answered during normal business hours. Town employee efforts to execute the expansion of services to our Seniors has been aided by many volunteers working hard with us seven days a week. The outpouring of generosity and volunteerism from our community has been truly inspiring. Working together we will emerge from this crisis a stronger community than we were when it began!

## Stay Connected...

We are updating our Facebook page with new activities frequently. "Like" our page on Facebook by clicking the link here: <https://www.facebook.com/CliftonParkSeniorCenter/>

We are also updating our page on the Town of Clifton Park Website with all new activities and updates regarding the Center. Take a look at what's new by clicking here: <https://cliftonpark.org/services/senior-services/senior-center.html>

Need help with Zoom?: [Click Here for a Walkthrough!](#)

**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.***