



Mechanicville Area Senior Citizens Organization, Inc.

Instituted May 12, 1960

OCTOBER, 2011

178 North Main Street, Mechanicville, NY 12118 Telephone: 664-7877

SENIOR CENTER AND MEAL SITE will be closed on Monday, October 10th in observance of Columbus Day.

BOARD MEETING AND MONTHLY MEETING will be held on Tuesday, October 11th. The Board Meeting will be held at 12:00 and the Monthly Meeting at 1:00.

FUTURE MONTHLY MEETINGS Unless attendance picks up for the monthly meetings; we will be holding them every other month.

50/50 was won at the September meeting by Sara Boleski.

DUES – Next years dues will be DUE IN JANUARY and will remain at \$8.00.

OCTOBERS MONTHLY DINNER – The dinner will be held on Thursday, October 13th at the Olive Garden in Queensbury. Order off the menu and there will be separate checks. A sign-up sheet is on the Bulletin Board and the bus leaves at 4:30 from the Center.

BUS TRIPS – We are seeing a decrease in the number of people using the bus to the Mall and the Racino. All bus trips will need to have at least 5 people on the bus in order to make it feasible for the bus to do the trip; the price of gas being the key factor. If you are scheduled for a Mall Trip or the Racino and can't make it we

would appreciate a cancellation call.

MALL RUNS- The next Mall Run will be Wednesday, October 5th to Colonie Center and after that to Wilton Mall on Wednesday, October 19th. The bus will pick up at the Plaza at 10:00 and leave the Center at 10:15. Please call the Center at 664-7877 to sign-up.

COOPERSTOWN – Lunch at Otesaga-Cider Mill will take place on Thursday, October 6th. The price is \$50.00. The bus leaves at 9:30 AM from DiSiena's on Central Avenue and will return around 6:00 PM.

BREAST CANCER WALK - will be held on Sunday, October 9th and will begin at 12:00. It will start and end at the Senior Center. The Registration Forms are at the Senior Center Monday thru Friday 9:00 to 4:00. \$50,000 was collected last year. Donations may be mailed to Joyce DiVirgilio at 270 North Main St., Mechanicville, N.Y. 12118 – HOMEMADE COOKIES ARE DESPERATELY NEEDED FOR THE WALK. PLEASE BRING THE COOKIES TO THE CENTER ON THE DAY OF THE WALK (OCTOBER 9TH).

RACINO – The monthly trip to the Racino will be Tuesday, October 11th. The bus will leave the Plaza at 10:15 and

the Center at 10:30. Please call 664-7877 to sign-up.

AARP DRIVING CLASS has been scheduled for Tuesday and Wednesday, November 8th and 9th; 9:00 to 1:00. The cost for AARP members is \$12.00 and non-members is \$14.00. You need to be over 50 to qualify for the class; checks are preferred and need to be made out to AARP. The class is filled and the next class will be in the spring; therefore anyone who is unable to make this class we would appreciate a cancellation call as we do have a waiting list.

THANK YOU!! Inadvertently in last months newsletter under our volunteer thank you we omitted Mary Whitney who takes back all our cans and bottles for our petty cash fund. Sorry and thank you Mary.

FAN – In Septembers newsletter we advertised for a much needed fan for the lobby and many thanks goes out to Brad and Ellen Arnold who donated a fan to the Center – we should be all set for next summer.

FLU CLINIIC – The Saratoga County Public Health Nurses will be at the Senior Center on Tuesday, November 22nd between 1:00 and 3:00 providing flu shots for our seniors. Please bring in your Medicare Card (Part B) and any other insurance

cards with your. Please come in to sign up or phone Mary or Pat (664-7877).

VA GIFT BAGS will be delivered again this year. It is not to early to start bringing in items for the Bags: White Socks, Pens, Pencils, Writing Pads, Small Appointment Calendars, Small Note Pads, Stamps and Envelopes, Crossword and Word Puzzle Books, Cheese and Peanut Butter Snack Crackers, New Puzzles, Small American Flags. NO RAZORS, LIQUIDS of any kind per request of VA Hospital.

MAKING ENDS MEET WORKSHOP will be held on Tuesday, October 25th at the Center and will be conducted by Diane Witten from Cornell Cooperative Extension. This will be held in the evening between 6:00 and 8:00. Anyone interested may sign the sheet on the bulletin board.

ACTIVITIES AT CENTER
Weight Watchers – classes are Monday evening at 5:30.
Exercise Class - every Monday, Wednesday and Friday from 10:30 to 11:00.
Bingo – Monday at 1:00.
Dart League – Monday at 1:00.

Pinochle - every Tuesday at 1:00; Both men and women members are welcome to play.

Scrabble - Join us for Scrabble on Wednesdays and Thursdays, 12:30 – 3:30.

Shuffleboard - Wednesday at 1:00. Both men and women members are welcome to play and we need players.

Crochet, Knitting and Needlepoint – Thursday at 1:00.

Pokeno – Held after lunch on Fridays.

Wii Game – Available for use any day at 1:00.

DATES TO REMEMBER

Cooperstown, Lunch Otesaga Cider Mill – Thursday, October 6th - \$50.00

Breast Cancer Walk – Sunday, October 9th at 12:00 PM

AARP Driving Class - Tues. and Wed. Nov. 8th & 9th – 9:00 to 1:00.

Flu Clinic – Tuesday, November 22nd – 1:00 to 3:00

New Years Eve Trip – Friday, December 30th thru January 1st – Stay at Sheridan Four

Points Hotel, Leominster, Mass.

OCTOBER BIRTHDAYS –

Matteo Anatriello, Marie Beaver, Jennie Bright, Lee Connelly, Peggy D'Aloia, Betty Decelle, John Dunn, Sr., Ellen Fondano, Dorothy

Hudson, Joan Izzo, Pamela Keegan, Theodore Lavigna, Anna Leonard, Carol Maloney, Maeola McCool, Jacqueline Neddo, Elizabeth Pesta, Penny Phillips, Michael Sweeney, Stephen Sgambati, Carmella Smialek, Joanna Valente, Dolores VanDetta, Mary Whitney

BOOKS!!! Come in and browse through our books and puzzles; get ready for Fall and Winter. A bag of books is just \$1.00 and puzzles are .25 each.

WANTED: Volunteer Drivers to deliver Home Delivered Meals for the Saratoga County Elderly Program for the Stillwater and Mechanicville areas. For more information, please call the Office for the Aging at 383-4020 or 884-4100.

WELCOME BACK

Harriet Hamner

FROM THE PRESIDENTS

DESK! - The City and myself are currently working on a project to have automatic doors installed in the Center to enable our people with walking disabilities easier access to the building. Enjoy the Fall.

Joe

MECHANICVILLE AREA

SENIOR CITIZENS ORGANIZATION, INC.

Board of Directors

Tim Hipwell, Director

Joseph Coppola, President

Joyce Di Virgilio, Vice Pres.

Beth Izzo, Secretary

Catherine Lynch, Treasure

Joanna Valente, Trip Chairperson

Office Staff

Mary Kelly, Senior Coordinator

Pat Brown

**SARATOGA COUNTY OFFICE FOR THE AGING –OCTOBER 2011
HOME DELIVERED MEALS 363-4020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Meatballs with Pasta and Marinara Sauce Parmesan Cheese Italian Beans Italian Bread Fresh Orange	4 Chicken and Biscuit Broccoli Warm Apples and Raisins	5 Roast Fork and Gravy Noodles Sweet and Sour Cabbage Rye Bread Pineapple	6 Chili Dog Hot Dog Roll Parslied Yellow Beans Warm Peach Crisp	7 Mrs. Friday's Fish O'Brien Potatoes Four Way Mixed Vegetables Wheat Dinner Roll Yogurt
10 CLOSED FOR COLUMBUS DAY	11 Meatloaf with Brown Gravy Mashed Potatoes Green Peas Wheat Bread Apricots	12 Herbed Chicken Sweet Potato Pieces Harvard Beets Wheat Bread Pears	13 Yankee Pot Roast Boiled Potatoes Carrots Dinner Roll Fruited Gelatin	14 Ham Steak Scalloped Potatoes Collard Greens Rye Bread Applesauce
17 Chicken Cacciatore Rice Brussels Sprouts Wheat Bread Tropical Fruit	18 Beef Pot Pie Green Beans Warm Spiced Peaches	19 Macaroni and Cheese Zucchini and Tomatoes Peas Cornbread Mandarin Oranges	20 Kielbasa Pierogies Cabbage Rye Bread Cranberry Crunch	21 Stuffed Pepper Cauliflower Carrots Italian Bread Gelatin with Topping
24 Salisbury Steak with Gravy Mashed Potatoes Spinach Dinner Roll Fruit Cocktail	25 Roast Turkey with Gravy Stuffing Squash Wheat Bread Banana	26 Stuffed Shells Cauliflower Italian Bread Warm Apple – Blueberry Crisp	27 Dave's Marinated Chicken Baked Beans Mixed Vegetables Rye Bread Strawberries	28 Texas Style Chili Rice Corn Wheat Dinner Roll Citrus Sections
31 <i>Halloween Special</i> Breaded Chicken Parmesan Seasoned Pasta Italian Blend Vegetables Italian Bread Ice Cream Donut Apple Cider	Coffee, Tea and Margarine are served daily at sites. The suggested contribution is \$2 per meal. There is a \$3 fee for guests under the age of 60. Please make checks payable to: Prestige Services, 152 West High Street, Ballston Spa, NY 12020			

MENU SUBJECT TO CHANGE