



# Mechanicville Area Senior Citizens Organization, Inc.

Instituted May 12, 1969

AUGUST, 2009

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

## UPDATING MAILING LIST

Anyone currently not up to date on their dues **WILL BE OR HAVE BEEN REMOVED** from the mailing list. Please call the Center if you have had a change of address or phone number or stop by and pay your dues and your newsletter will be reinstated.

There will not be any Board Meeting or Monthly Meeting for the month of August. The next Monthly Meeting will be September 8<sup>th</sup> at 1:00 PM and the next Board Meeting will be held on September 14<sup>th</sup> at 10:00 AM.

MONTHLY DINNER!!! The Clam Steam is taking the place of our monthly dinner; monthly dinners will resume in the Fall.

## SENIORS MALL RUN

Public Safety is attempting to schedule mall runs for the month of August. Please call Meg Gorman, Public Safety at 664-5651 the second week in August to see if transportation has become available.

## KRAUSES CLAMSTEAM-TUESDAY, AUGUST 18<sup>TH</sup>, 2009

The menu includes Hot Dogs, Hamburgers, Clam Chowder, Sausage and Peppers, Pasta Salad, Soda and Coffee served at 12:00 Noon, clam bake served at 3:30 PM. The price is \$28.00.

DEADLINE FOR RESERVATIONS AND MONEY BY TUESDAY AUGUST 11<sup>TH</sup>. Bus leaves the center at 11:30 AM.

## PRESTIGE BARBECUE ON

WHEELS will be held on Friday, August 21<sup>st</sup>. The menu will include Hamburger, Macaroni Salad, Coleslaw, Condiments and Chips, Lemonade and Make Your Own Sundae. Please sign-up or call Karen at 664-3924 by August 19<sup>th</sup> before noon at the latest.

## FARMERS MARKET

COUPONS will be passed out on Friday, August 21<sup>st</sup> at 1:00 PM. At the present time there is no transportation available to the market.

## DATES TO REMEMBER

Bocci Banquet – Thursday, August 6<sup>th</sup> at the Old Mill  
Clam Steam – Tuesday, August 18<sup>th</sup>  
Prestige Barbecue- Friday, August 21<sup>st</sup>  
Senior Picnic Saratoga Fairgrounds – August 25th  
Niagara Falls Trip – September 14<sup>th</sup>, 15<sup>th</sup> & 16<sup>th</sup>  
Lake George Boat Trip – Monday, September 21st  
Health Clinic-September 23<sup>rd</sup>  
Saratoga Hospital Orthopedic Program – October 9<sup>th</sup>  
AARP Driver Safety Program- October 6<sup>th</sup> & 7<sup>th</sup> – 9:00 AM to 1:00 PM  
Harvest Dinner – November 13th

## ACTIVITIES AT CENTER

Weight Watchers - classes Monday evening at 5:30 PM.  
Exercise Class - every Monday, Wednesday and Friday from 10:30 to 11:00.  
Pinochle - every Tuesday at 1:00 PM; Both men and

women members are welcome to play.

Scrabble - Join us for Scrabble on Wednesdays and Thursdays, 12:30 – 3:30.  
Pokeno - Held after lunch on Fridays.

Shuffleboard – Monday and Wednesday at 1:00 PM.

Both men and women members are welcome to play.

Will Game – Available for use after 12:30.

NIAGARA FALLS TRIP The trip to Niagara Falls will be on September 14<sup>th</sup>, 15<sup>th</sup>, and 16<sup>th</sup>, to the Canadian side of the border. The hotel is located within a 10 minute walk to the Falls; with a Casino across the street. Traveling across the border requires a Passport or an Enhanced License for which you need an original birth certificate, proof of residency and New York State Drivers License. The cost of the trip is \$314 single, \$247 double and \$234 triple. The trip must be paid in full by August 14<sup>th</sup> – no exceptions. Insurance papers available in office.

## SENIORS ANNUAL LAKE GEORGE BOAT TRIP – MONDAY, SEPTEMBER 21st

Lunch will be served on the Luc du Saint Sacrement with Entertainment provided. The cost is \$28.00 and the sign-up sheet is on the Bulletin Board. All money and reservations are to be in by Wednesday, September 9th. Folmsbee bus leaves the center at 10:00 AM.

**SEMI-ANNUAL HEALTH CLINIC** will be held on Wednesday, September 23<sup>rd</sup> from 10:00 AM to 12:00 noon. The Saratoga County Nurses will be here to check your Blood Pressure, Glucose, Cholesterol, Type 2 Diabetes, Hearing Evaluation and possible eye exams. This is a free clinic sponsored by the Office for the Aging and Saratoga County Public Health.

**SARATOGA HOSPITAL  
ORTHOPEDIC PROGRAM  
(HANDS, FEET & ANKLES)**

This program will be held at the Mechanicville Senior Center on Friday, October 9<sup>th</sup> between 12:30 and 1:30. To Register, please call 580-2450 (Saratoga Hospital) and sign up at the Senior Center. Lunch will be provided by the Hospital but you need to REGISTER AND SIGN-UP NOW as seating is limited.

**REMINDER: "LIVING  
HEALTHY" WORKSHOP**

We need to know if there is enough interest in this program before we can set up a date. If you are interested;

please note the sign-up sheet on the Bulletin Board.

**BREAST CANCER WALK** The Mechanicville Breast Cancer Walk will take place on October 11<sup>th</sup>, 2009 at 12:00 PM. It will start and end at the Senior Center. Registration is at the Senior Center Monday thru Friday 9:00 to 4:00. All who walk will receive a crocheted pink scarf and refreshments will be served following the walk.

**AUGUST BIRTHDAYS**

Barbara Andrews, Ellen Arnold, Lorraine Bartholomew, Helen Blowers, Francis Bouchard, Margaret Boyko, Robert Bradbury, Julia Brownell, Ernie Bruno, Richard Clinton, Gary Connelly, Anne Culnane, Anne Doriski, Michelle Eidens, Barbara Fronczek, Stanley Fronczek, Rose Frydel, Angeline Fusco, Joan Garland, Rosemary Garland, James Golden, Donna Hansen, Robert Heffley, Emilia Izzo, Lena Levinus, Mary Manso, Ron Markiewicz, Jean Matrazzo, Julianne

McMahon, Bea Miller, Connie Morcone, Lois Mossey, Paul Murray, Karen O'Keefe, Patricia Osmond, Cecelia Osterhout, Mary Parente, Mary Patterson, Alfred Perrotta, Nancy Piroli, Leah Prout, Hank Roy, Josephine Russom, Thomas Ryan, Philomena Sabatino, Rosemary Trant, Thomas Waldron, Nancy Waldron, Sophie Williams, Edna Zullo

**WELCOME NEW MEMBERS**

Art Barriere, Nancy Lupo  
Janice Morgan

**WELCOME BACK** Anna Fascia and Sharon White

**FROM THE PRESIDENTS  
DESK....**The Center received lovely thank-you notes from area seniors who were the recipients of the Mechanicville Senior Citizens awards. Each year the Center gives out monetary awards to Mechanicville and Stillwater deserving seniors. Sincere congratulations goes out to this years seniors. See you at the Center. Joe

***MECHANICVILLE AREA  
SENIOR CITIZENS ORGANIZATION, INC.***


**Board of Directors**

*Jo Ann Rielly, Director  
Joseph Coppola, President  
Joyce Di Virgilio, Vice Pres.  
Beth Izzo, Secretary  
Catherine Lynch, Treasurer  
Joanna Bull, Trip Chairperson*

**Office Staff**

*Mary Kelly, Senior Coordinator  
Pat Brown*

**SARATOGA COUNTY OFFICE FOR THE AGING – AUGUST 2009**  
**HOME DELIVERED MEALS 363-4020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Meatball Sub on a Sub Roll Broccoli Cauliflower Pineapple	4 Baked Ham with Fruit Glaze Mashed Sweet Potatoes Green Beans Rye Bread Peaches	5 Egg Salad Cold Plate Pasta Salad 4 Bean Salad 2 Slices of Wheat Bread Mandarin Oranges	6 Pepper Steak Rice Carrot Coins Italian Bread Cookie	7 Dave's Marinated Chicken Baked Beans 4 Way Mixed Vegetables Dinner Roll Gelatin with Topping
10 Macaroni & Cheese Stewed Tomatoes Warm Applesauce Rye Bread	11 <i>Breakfast Menu</i> Pancakes Turkey Sausage Hash Browns Strawberries	12 Chef Salad with Tomato, Ham, Turkey, Cheese Dressing Dinner Roll Yogurt	13 Mrs. Friday's Fish on a Bun with Tartar Sauce Oven Brown Potatoes Cheesy Broccoli Watermelon	14 Spaghetti & Meatballs Parmesan Cheese Tossed Salad with Tomato and Italian Dressing Garlic bread Fruit Cocktail
17 Salisbury Steak with Gravy Mashed Potatoes Peas Wheat Bread Apricots	18 Italian Chicken Cacciatore Pasta Italian Green Beans Italian Bread Cantaloupe	19 Turkey Cold Plate with Cottage Cheese Cucumber & Tomato Salad 2 Slices Whole Wheat Bread Mayo Packet Mandarin Oranges	20 Goulash Spinach Corn Dinner Roll Fresh Apple	21 Roast beef with Gravy Mashed Potatoes Red Cabbage Rye Bread Fruited Gelatin
24 Sweet & Sour Pork Rice Broccoli Wheat Bread Peaches	25 <i>Annual Senior Picnic</i>  <i>No Meals Delivered</i>	26 Mrs. Friday's Fish with Tartar Sauce Cheese Mashed Potatoes Beets Wheat Bread Fruit Cocktail	27 Ham & Cheese Cold Plate Rye Bread Macaroni Salad Carrot Raisin Salad Apple Crisp	28 Sausage, Peppers & Onions Pasta Primavera Stewed Tomatoes with Zucchini Italian Bread Fresh Orange
31 Baked Meatloaf Mashed Potatoes Squash Wheat Bread Pears	Served daily at sites: Coffee, Tea, Milk and Margarine. No substitutes for food allergies. The suggested contribution is \$2 per meal. There is a \$3 fee for guests under the age of 60. Please make checks payable to :  <b>Prestige Services, 152 West High Street, Ballston Spa NY 12020</b>			

**MENU SUBJECT TO CHANGE**