



Mechanicville Area Senior Citizens Organization, Inc.

Instituted May 12, 1969

SEPTEMBER, 2009

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

SENIOR CENTER AND MEAL SITE will be closed on Monday, September 7th for Labor Day.

BOARD MEETING will be held on Tuesday, September 8th at 12:00 PM.

MONTHLY MEETING will be held on Tuesday, September 8th at 1:00 PM; Beth Izzo and Pat Brown will provide the refreshments. A presentation will be given by a representative from Life Line at 1:00 PM.

MONTHLY DINNER!!! The monthly dinner will resume on Thursday, October 15th with a trip to the Olive Garden on Wolf Road. The bus leaves the center at 4:30 PM. The sign-up sheet is on the Bulletin Board.

THANKS goes out to all who assisted in any way to make our Strawberry Social a success. None of these events would be possible without our Wonderful Volunteers.

NIAGARA FALLS TRIP has been cancelled due to lack of participation. Thanks to all for your support. Joanna

FRIDAY, NOVEMBER 13TH
Mark this date on your calendar for our annual Harvest Dinner. More information to follow in future newsletters.

TWENTY-NINE of our Seniors braved the blistering heat on Tuesday, August 18th for our yearly Clam Steam at Krause's. Regardless of the heat a good time was had by all. A sincere

Thank You goes to Helen Blowers for all her help the day of the steam.

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

DATES TO REMEMBER
Power of Attorney Presentation-September 10th
Lake George Boat Trip – September 21st
Health Clinic-September 24th
AARP Driver Safety Program-October 6th and 7th
Foliage Trip – October 8th
Saratoga Hospital Orthopedic Program – October 9th
Monthly Dinner – October 15th
At the Olive Garden-Wolf Rd
Harvest Dinner – Nov. 13th
Flu Clinic – November 19th-1:00 to 3:00 PM

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.
Wii Game – Available for use after 12:30.

POWER OF ATTORNEY, TRUST AND WILLS
presentation by Ferridino & Jones Law Firm will be held on Thursday, September 10th at 1:00. The sign-up sheet is on the Bulletin Board.

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 Thursday, September 24th 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. A sign-up sheet for an appointment is on the Bulletin Board. If you are unable to come to the center to sign-up; call the office and we will put your name on the list.

AARP DRIVING CLASS has been scheduled for Tuesday and Wednesday, October 6th and October 7th between 9:00 AM and 1:00 PM. The cost for AARP members is \$12.00 and non-members \$14.00. The class is limited to 25; please call the office and either Mary or Pat will be happy to sign you up.

FOLIAGE TRIP - Our annual foliage trip will be a train ride on the Green Mountain Flyer at Bellows Falls, Vermont on Thursday, October 8th. Lunch will be at Boccelli's. Price is \$55.00; time of departure will be announced later. Sign-up sheet is on the Bulletin Board.

SARATOGA HOSPITAL
ORTHOPEDIC PROGRAM
(HANDS, FEET & ANKLES)

This program will be held at the Mechanicville Senior Center on Friday, October 9th 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.

BREAST CANCER WALK The Mechanicville Breast Cancer Walk will take place on October 11th, 2009 at 12:00 PM. Registration is at the Senior Center Monday thru Friday 9:00 to 4:00. A pink scarf and refreshments will be served after the walk.

YARN !!! As in the past we are currently in need of your generous donations of yarn. We have a volunteer who makes mittens and hats for the children and other volunteers who make lap robes for the shut-ins. Any extra yarn you have will be much appreciated.

SEPTEMBER BIRTHDAYS

Teresa Banach, Dorothy Barbolt, Mary Bonarrigo, Delores Boom, Patricia Brown, Isabelle Cifone, Lucretia Conlen, Angelo D' Aloia, Rita D'Ambrosia, Anne Desieno, Jane Desieno, Rita

Gaspie, Mary Gniewek, Lynn Goman, Eunice Haney, Donald Hansen, Patricia Henningson, Virginia Jennings, Joyce Kelly, Dolores Laraway, Mary Marpe, Josephine McCloud, Lucy McMillan, Louise McDonald, Peg Mignacci, William Miller, Marie Miranda, Harold Monty, June Mosher, Letta Belle Offenmuller, Anthony Pascucci, Jean Perry, Joanne Piccirilli, Joan Pratt, Janet Platt, Arlene Rhonda, Angeline Roy, Anne Russom Elizabeth Sheridan, Robert Simmons, Margaret Spore, Rita Sullivan, Mary Tarza, Michelle Van Ness, Marie Vial, Arthur Zullo

WELCOME NEW MEMBERS

Stanley Curkrovany, Robert Boyer, Mary E. Ryan

FROM THE PRESIDENTS
DESK...Please attend our Monthly Meeting on September 8th for important up-dates. 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- SEPTEMBER 2009
HOME DELIVERED MEALS 363-4020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Served daily at sites: Coffee, Tea, Milk and Margarine. No substitutes for food allergies.	1 Spaghetti & Meatballs Parmesan Cheese Tossed Salad with Italian Dressing Italian Bread Fruit Cocktail	2 Dave's Marinated Chicken Brown Rice Broccoli Dinner Roll Cookie	3 Roast Beef with Gravy Oven Roasted Potatoes Green Peas Rye Bread Pineapple	4 Tuna Salad Marinated Tomatoes Cottage Cheese 2 Slices Wheat Bread Cantaloupe
7 CLOSED FOR LABOR DAY HOLIDAY	8 Salisbury Steak with Gravy Mashed Potatoes Spinach Rye Bread Fruit Cocktail	9 Turkey Sandwich with Mayo Coleslaw Cold Baked Beans 2 Slices Whole Wheat Bread Watermelon	10 Stuffed Peppers Corn Italian Bread Green Beans Peach Shortcake	11 Roast Pork Buttered Noodles Diced Beets Wheat Bread Banana
14 Hot Dog on a Bun Mustard Baked Beans Sauerkraut Yogurt	15 Oven Fried Chicken Red Potatoes 4 Way Mixed Vegetables Italian Bread Peaches	16 Macaroni & Cheese Stewed Tomatoes Warm Applesauce Wheat Bread	17 Roast Turkey with Gravy Rice Pilaf Squash Dinner Roll Pear Crisp	18 Egg Salad Cold Plate Cucumber Salad Carrot Raisin Salad 2 Slices Wheat Bread Orange
21 Baked Ziti with Meatsauce & Cheese Garlic Bread California Blend Vegetables Fruit Cocktail	22 Breakfast Menu Waffle Turkey Sausage Hash Browns Strawberries	23 Mrs. Friday's Fish With Tartar Sauce O'Brien Potatoes Cauliflower Dinner Roll Yogurt	24 Chef Salad with Ham, Turkey, Cheese and Tomato Dressing Dinner Roll Apple	25 Sausage, Peppers and Onions Confetti Rice Carrots Italian Bread Mandarin Orange Gelatin
28 Italian Chicken Cacciatore Rice Italian Green Beans Apricots Dinner Roll	29 Ham Steak with Scalloped Potatoes Green Beans Rye Bread Pears	30 Chicken Salad Cold Plate Red Cabbage Salad Potato Salad Dinner Roll Mandarin Oranges	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