

Mechanicville Area Senior Citizens Organization Inc.

Instituted May 12, 1969

April, 2007

178 North Main Street, Mechanicville, NY 12118 Tel. 664-7877

The Board of Directors Meeting will be on Tuesday, April 3, at 9:00 AM.

The Monthly Meeting will be on Tuesday, April 10th at 1:00 PM. Our Ice Cream Social will be held immediately after the meeting. The March 50/50 Raffle was won by Mary VanChance.

Anyone interested in taking an office? The offices of President, Vice President and Secretary will expire in May. If anyone is interested in one of these offices, please contact anyone on the Nominating Committee: Betty DeCelle, Millie Finelli, Emma Lester, Luch Sgambati and Mary VanChance. **Election of officers** Will be held at our April meeting.

Membership dues (\$7.00) for 2007 are being collected in the office from 9:00 AM to 4:00 PM, Monday thru Friday.

The Senior Monthly Dinner will be at the Grecian Gardens on Friday, April 13. Bus will leave the Center at 4:30. Signup Sheet will be posted on Bulletin Board after the first of the month. Order off the menu. Table Checks.

Our Annual Spring Banquet will be held at the Fairways of Halfmoon on Friday, April 27. A sign-up sheet is on the Bulletin Board. Dinner will be at 6:30 PM. Menu includes choice of Sliced Sirloin, Baked Haddock or Stuffed Chicken Breast, served with vegetable, potato and dessert. Price is \$20.00, including tip and tax. There will be a City bus for anyone needing transportation. Bus will leave the Center at 5:45. Doors open at 6:00 PM. Newly elected officers will be sworn in by Jo Ann Rielly, Commissioner of Public Safety and Director of the Mechanicville Senior

Center. Deadline is April 20th, after this date there cannot be a refund.

Our *Mystery Trip* will be Friday, June 15. The Wade bus will leave the Center at 8:30 AM. Price is \$61.00 which covers transportation, lunch and show. We have a 47 passenger bus. (We would like to see the bus filled so we do not lose money on this trip.) If the trip goes well, we will plan more in the future. Sign-up sheet will be posted on April 1. Deadline is May 31st. Anyone canceling after this date cannot receive a refund.

The Senior Center would like to Thank Jo Ann Rielly, Commissioner of Public Safety & Director of the Senior Center for replacing our old carpeting. The new carpeting is beautiful and so colorful. The Senior Staff and all our members appreciate how bright our lobby, hallway and office are now. Thanks again JoAnn and Meg.

Nutritional programs on how to eat smart to lower cancer risk will be given by Diane Whitten of the Cornell University Cooperative Extension as follows: Thursday, April 19, 10:00 - 11:00 AM on the Power of Fruits & Vegetables. Please come and support this good-health program. (Diane presented a very informative program on March 15, making a Wholesome Whole Grain Pilaf. We all enjoyed the samples.)

Our Easter Luncheon will be held on Thursday, April 5th. Menu will be: Baked ham, sweet potatoes, peas with pearl onions and lemon meringue pie. Please call Karen at 664-3924 before 12:00 noon April 2nd.

Activities:

Friends of Yam & Needles meet on Mondays @ 1:00 PM.
Journal Writing, Pinochle & Canasta meets Tuesdays 1:00 PM.
Scrabble on Wednesday & Thursday afternoons at 1:00 PM.
Exercise meets on Mondays, Wednesdays and Fridays @ 10:30 AM.
Shuffleboard meets on Wednesdays @ 1:00 PM
Pokeno is enjoyed on Fridays after lunch

ATTENTION: UPCOMING DATES TO REMEMBER

Tuesday, April 10th - after election of officers our Ice Cream Social
Friday, June 15th - Mystery Trip 8:30AM \$61.00
Tuesday, June 19th - Senior Picnic 1:00PM \$8.00
Thursday, July 5 - Mammoogram's mobile unit in parking lot 10:00-12:00 - open to the public
Thursday, July 12th - Strawberry Social 6:00PM - open to the public
Tentative date - Tuesday, July 31st - Lake George Boat trip
Wednesday, August 22nd - Senior Barbecue 5:00PM at our Center
Tentative date - Tuesday, August 28th - Clamsteam
Wednesday, September 19th - Holiday Inn Theatre at Lake George
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Income Tax Preparation:
An appointment is necessary. Please call 664-7877. Please bring your last year's Income Tax files. This year, there is a one-time telephone tax credit for

anyone who paid Federal taxes on long distance services for land lines or cell phones from February 2003 until August 2006. Almost everyone qualifies. **PEOPLE WHO ARE NOT USUALLY REQUIRED TO FILE MUST DO SO THIS YEAR TO RECEIVE THIS CREDIT, WHICH IS A MINIMUM OF \$30.** Social Security Cards and proof of current address will be required if we prepare the return. No other documentation is required. Income Tax will be completed this month, Wednesday, April 11th.

Do you need legal advice? Please call the Saratoga County Office for the Aging at 884-4100 for an appointment. A donation is appreciated but is optional.

Please remember to write down your phone number when signing up for anything. Also, if you cancel on any events, including monthly dinners, please call the Center as soon as possible

AARP Defensive Driving class is being held at the Center Wednesday and Thursday, April 25th & 26th at 9:30-1:30PM. **Class is filled.** We do have a waiting list.

Extra Helpings Program will no longer be handled by the Senior Center. If anyone is interested in ordering Extra Helpings, please call the Mechanicville Community Center at 664-8322. Check Program info on Bulletin Board for Menu. Payment due Noon (cash only). Pickup date is by 10:30 AM.

Don't forget that we have exercise machines for any member who would like to use them. Exercise Room is open from 9:00 AM to 4:00 PM, Monday thru Friday.

WELCOME NEW MEMBERS:

Bridget A. Bouchard, Joseph Coppola, Angela LaVigna and Lois Mossey.

APRIL BIRTHDAYS:

Edwin Batchelder, Robert Belisario, Mary Boucher

Elizabeth Bunk, Rocco Camerato, Mary Colarusso, Dolores Cole, Elzora Conway, Mary D'Aloia, Patty Di Nallo, Virginia Donahue, Karen DeVoe, Jennie Fox, Carmine Fusco, Mary Funaro, Dominick Grimaldi, Edwin Gandron, Josephine Gilheany, Mary Grushi, Frank Izzo, Thomas Messori, Mary Moore, Barbara Murray, Jean Patterson, Pat Palmer, Joan Root, Margaret Salway, Carmella Margaret Salway, Carmella Scрати, Carm Siciliano, Vivian Stanley, Marie Thomas and Rose Zappone.
Happy Birthday to All !!!!!

PRESIDENT'S CORNER

I think everyone had a great time at our March meeting. The Sophomore's from Stillwater School are always great fun!!!

Thank you to everyone who donated to the VA Hospital. The items have now been delivered.

Spring has officially started and so have we, with planning events and activities. A sheet has been posted on the bulletin board, so free-up your calendars everyone.

I hope everyone that can will turn out for the voting of President, Vice President and Secretary next month. This is your Center and your vote is your say.

Finally, it was a little disappointing with the turn out for the Co-operative Extension session in March. We are trying to get this going again for you, so please try to attend the April one. Give me some input. Beth will be here for this.

Many Thanks to Karen and Carol for the help with decorating for Easter.

Happy Easter to all.

Roberta

Please note: The Mall Bus will be Going to Aviation Mall, Wednesday, April 11.

The Senior Center would like to Thank all the Seniors who recently donated money to the Center.

***Mechanicville Area
Senior Citizens Organization Inc.***

Board of Directors

Jo Ann Rielly, Director
Roberta Lane, Acting President
Gloria Verdicchio, Vice Pres.
Beth Izzo, Acting Secretary
Catherine Lynch, Treasurer

Office Staff

Mary Kelly, Senior Coordinator
Roberta Lane
Beth Izzo

SARATOGA COUNTY OFFICE FOR THE AGING

April, 2007

Home Delivered Meals 363-4020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN WITH DIVAN SAUCE 2 RICE PILAF CONFETTI CORN DINNER ROLL TAPIOCA PUDDING*	SWISS STEAK WITH PEPPERS, ONIONS AND TOMATOES 3 SEASONED BUTTERED PENNE SPINACH RYE BREAD PEACHES WITH WHIPPED TOPPING*	BBQ RIBS 4 RED ROASTED POTATOES PEAS ITALIAN BREAD BANANA	EASTER SPECIAL 5 BAKED HAM WITH FRUIT SAUCE SWEET POTATOES WITH A CINNAMON BUTTER SAUCE PEAS WITH PEARL ONIONS DINNER ROLL LEMON MERINGUE PIE	ROTINI WITH A BOLOGNESE SAUCE 6 GRATED CHEESE CAULIFLOWER WITH PEPPERS ITALIAN BREAD CINNAMON CRUNCH CAKE*
SPANISH RICE 9 PEAS CARROTS WHEAT BREAD FRESH FRUIT	CHICKEN ALA KING 10 CALIFORNIA BLEND VEGETABLES BISCUIT VANILLA PUDDING WITH MANDARIN ORANGES	1/4 LB HOT DOG ON A ROLL 11 MUSTARD BAKED BEANS SAUERKRAUT PEARS	ROAST BEEF WITH GRAYY 12 MASHED POTATOES GREEN BEANS RYE BREAD LEMON PUDDING*	MRS. FRIDAY'S FISH WITH TARTER SAUCE 13 CREAMED POTATOES 4 WAY MIXED VEGETABLES PUMPERNICKEL BREAD APPLESAUCE
THYME ROASTED CHICKEN WITH CARAMELIZED ONION SAUCE 16 SEASONED RICE BRUSSEL SPROUTS ITALIAN BREAD TROPICAL FRUIT	ROASTED TURKEY WITH CRANBERRY SAUCE 17 HERB DRESSING BROCCOLI DINNER ROLL BUTTERSCOTCH PUDDING	CREAM OF VEGETABLE SOUP 18 TUNA SANDWICH ON WHOLE WHEAT BREAD APPLE/PEACH CRISP WITH WHIPPED TOPPING*	BEEF STROGANOFF OVER RICE 19 SQUASH DINNER ROLL GELATIN DESSERT*	ROAST PORK WITH ROSEMARY SAUCE 20 GARLIC MASHED POTATOES BEETS IN A MANDARIN ORANGE SAUCE WHEAT BREAD APPLESAUCE
MEATLOAF WITH BROWN HERB GRAVY 23 MASHED POTATOES SPINACH RYE BREAD FRUIT COCKTAIL	VEAL PARMESAN AND PASTA WITH TOMATO SAUCE 24 GARLIC BREAD TOSSED SALAD WITH ITALIAN DRESSING FRUITED GELATIN WITH WHIPPED TOPPING*	BAKED SEASONED CHICKEN LEG 25 CHEESE MASHED POTATOES PEAS WHEAT BREAD BIRTHDAY CAKE	MEATBALL SUB ON A ROLL 26 GRATED CHEESE ITALIAN GREEN BEANS 4 WAY MIXED VEGETABLES MANDARIN ORANGES	MACARONI AND CHEESE 27 STEWED TOMATOES CORN BREAD FRUIT CUP
BEEF STEW 30 GREEN BEANS BISCUIT RAISIN RICE PUDDING*	<p>NO SUBSTITUTES FOR FOOD ALLERGIES *DIABETICS WILL RECEIVE SUBSTITUTES. SERVED DAILY AT SITES: COFFEE, TEA AND MARGARINE SUGGESTED CONTRIBUTION: \$2.00 PER MEAL. NO ONE OVER 60 WILL BE DENIED A MEAL IF THEY ARE UNABLE TO MAKE A CONTRIBUTION THERE IS A \$3.00 FEE FOR GUESTS UNDER 60 IF PAYING BY CHECK, PLEASE MAKE THE CHECK PAYABLE TO: PRESTIGE SERVICES, INC. 152 WEST HIGH STREET BALLSTON SPA, NY 12020 *MEAL CALENDAR SUBJECT TO CHANGE WITHOUT NOTICE*</p>			