



Mechanicville Area Senior Citizens Organization Inc.

Instituted May 12, 1969

August 2005

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

Note

There are no monthly meetings in July and August. September Refreshment Committee will be Patty DiNallo, Patty Halusic, Vivian Yusaitis and Mimi Izzo.

New Policy on Future Trips

A reminder on our new policy for future overnight trips. At the time of sign up, a deposit of 50% of the cost of the trip is required. There will be no sign ups without a deposit. Information on these trips will be posted on the bulletin board, but actual sign up must be done in the office.

New Policy on Day Trips

A new policy has been established on Day Trips. We will have a 48 hour deadline. We will need 48 hours advance notice before trip date, or money cannot be refunded.

Big Apology

A great big apology from the Senior Center to Molly Bango. Her name was accidentally omitted from the July newsletter. Her 90th birthday was July 25. If you see Molly wish her a Happy Belated Birthday. 90 years young.

90th Birthday

We also have another senior celebrating her 90th birthday. Josie Russom's birthday will be August 30th, the day of our Clam Steam. Wishing her a happy 90th.

Lake George

Our Lake George Boat Trip & Luncheon on the Lac Du Sacrement is scheduled for Wednesday, August 3rd. The cost for the boat trip and lunch will be \$23.00. The bus will leave the center at 10:00am.

Monthly Dinner

On Friday, August 12. we will be going to Salty's for our monthly dinner. Sign up sheet on bulletin board. Order off menu. Menu also posted on the bulletin board. The bus will leave the Center at 4:30pm. Limit 42. The reservations will be going in two days prior to August 12. Please let the office know if you are canceling.

Ice Cream Social

On August 24 the seniors will be holding an ice cream social at 2:00pm. Come on down and have some ice cream and socialize at the low, low price of \$2.00.

Salem Theatre

On Thursday, August 25, we will travel to the Salem Theater for the production of "The Taffeta Sisters". A musical tour of the fifties. Cost of the show is \$16.00 and lunch is on you at Steininger's at Noon. We will have a choice of four soups and sandwiches to choose from. The bus will leave the Center at 10:45am. Show begins at 2:00pm. Limit of 16 seats. If you are interested sign-up early. Payment is due August 18.

Clam Steam

The annual clam steam will be held Tuesday, August 30 at Lanthier's Grove. The bus will leave the Center at 11:30am. The cost of the steam is 522.00. Hot dogs and chowder will be served at 12:00pm. Steam served around 3:00pm. Payment due by August 23.

Senior Programs

Judy Schmelter, Elder Care Services Coordinator of the Mechanicville Area Community Services Center presents the following programs at the Mechanicville Senior Center: *Journal Writing*- Discover the pleasure of writing creatively plus the art of journaling. *Tuesdays* from 1:00 – 2:00 p.m.

Knit 2 Together- Plan or work on your knitting and crochet projects. Mondays from 1:00- 2:00 p.m.

Senior Exercise – Stretch, strengthen, improve balance every Monday, Wednesday and Friday from 10:30 - 11:00 a.m., everyone is welcome.

Scrabble Games -Thursdays from 1:00- 3:30 p.m. Have fun and challenge your vocabulary.

Anxiety and Depression

Support Group- will meet on Wednesday, August 24th from 1:00 – 2:00 p.m.

Search for Wisdom Book Club meets Tuesday, August 23rd, 10:30-11:30am. The group will be discussing “**The Weight of Water**” by Anita Shreve. For information on up-coming special programs, give Judy a call at 664-6685.

Special Programs for August

CDPHP presents “Yoga with Julie Boudreau” on Wednesday, August 3 from 2-3pm. Call the CDPHP Wellness Line to register: 641-4800.

Save this Date

Wednesday, September 14, 1-2:30pm. “Aunt Helen’s Closet”, a very special interactive presentation sponsored by the Mechanicville Library for the Elder Care Services Program will be held at the Senior Center on Wednesday, September 14” at 1:00pm. Call Judy at 664-6685 to register.

In the Future

Looking down the road a bit, we will be visiting the Lake George Holiday Inn Theater on Saturday, September 17. We will see “A Bench in the Sun”. It is a story of old friends, Harold and Burt, who spend most of their days on a garden bench reminiscing and bickering about almost everything. The price for lunch and show is \$40.00. The bus will leave the center at 10:15 in order to have your lunch at 11:30am. The show is at 1:00pm. You will have a choice of roast chicken, broiled salmon, sliced sirloin or vegetable pasta. We will need payment by September 9.

Annual Foliage Trip

Our annual foliage trip will be Wednesday October 19. Wade Bus will depart from the senior center at 7:00am going to MA and New Hampshire Lunch at the Old Mill in MA. With a choice of Yankee Pot Roast or Stuffed Filet of Sole Almondine. After lunch we will travel to High Hopes Orchard. The price for this trip is \$60.00, which includes bus, lunch, tax and tip. We are limited to 54 seats, so sign up early. We will need payment by October 10.

Harvest Dinner

Our Annual Harvest Dinner is still in the Planning Stage. Check future newsletters.

Cancelled

Sorry, but our Radio City Christmas Show and the Myrtle Beach Trip has been cancelled. Maybe next year.

New Members

Welcome to our new members: Edwin and Nancy Gandron, Kevin Helferich, Daniel O’Keefe, Anthony Pascucci and Rose (Penny) Phillips.

August Birthdays

Ellen Arnold, Helen Blowers, Belle Bryan, Lorraine Bartholmew, Margaret Boyko, Mary Castaldo, Mary Curto, Anne Culnane, Rosalind Carr, Rose Frydel. Angeline Fusco, Rosemary Garland, James Golden, Joan Garland, Hugh Gorden, Lynn Holden, Phyllis Hoffman, Emilia Izzo, George LaRush, Betty Lemrow, Mary Manso, Jean Matrazzo, Connie Morcone. E. Ron Markiewicz, Paul Murray, Florence Marra. Alice Malone, Patricia Osmond. Cecilia Osterhout, Mena Perren, Nancy Piroli. Alfred Perrotta, Anna Mae Reddy. Elizabeth Ridore, Josephine Russom, Thomas Ryan, Hank Roy, Rose Trant, Sophie Williams, Edna Zullo.

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