



Mechanicville Area  
*Senior Citizens Organization Inc.*

Instituted May 12, 1969

December 2005

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

### **Monthly Meeting**

There will not be a monthly meeting for December. The Board Meeting is scheduled for Friday, December 6<sup>th</sup> at 1:00 p.m.

### **CHRISTMAS PARTY**

Our "Pot Luck" Christmas Luncheon will be held on Wednesday, December 14<sup>th</sup> at 1:00 p.m. In place of a grab bag we ask that you bring a non-perishable food item for our local Food Pantry.

If you are bringing a covered dish for the party, please list your item on the sign-up sheet on the bulletin board. If you are not bringing a dish we are asking for an \$8.00 donation toward the catered food. Holiday music will be performed by Susan Hamlin.

### **SPECIAL GOOD-BYE**

We will be saying good-bye to Judy Schmelter who is the Elder Care Services Coordinator for the Mechanicville Community Center. Judy's retirement Party will be included with the Annual Christmas Luncheon on Wednesday, December 14<sup>th</sup> at 1:00 p.m., sign-up sheet for this is on the bulletin board. A donation of \$5.00 towards Judy's gift would be appreciated. Committee for the party includes Joanna Bull, Catherine Lynch, Anna Siciliano and Gloria Verdicchio.

### **HARVEST DINNER**

Our Annual Harvest Dinner was held at the Fairway's Friday, November 4<sup>th</sup>. The Music was

very enjoyable and furnished by "Miles of Music". The food was delicious. Our Director Jo Ann Rielly introduced Mayor Tom Higgins and the City Council Members in attendance, Supervisors Chris Sgambati and Greg Connors, Mayor Ernie Martin and our President Joanna Bull.

### **Closing**

If inclement weather necessitates the closing of the Saratoga County Elderly Nutrition Program, there will be no meals delivered to homebound recipients for that day. Please note that closing of the meal site may necessitate a change on the menu for the following day. Watch for nutrition program closing information on Channel 6 WRGB, Channel 10 WTEN and Channel 13 WNYT, during the school closing broadcast. It will be displayed as Saratoga County Senior Meals. The Senior Center will also be closed when the meal site is closed.

### **Flu-Shots**

The Center will **not** offer Flu Shots this year. Please call the Saratoga County Health Department for dates and locations where the flu shots are available, or contact your Primary Physician.

### **Membership Cards**

Membership Cards for 2006 are in. You may pay your dues on Monday through Friday from 9:00am to 4:00pm.

### **Monthly Dinner**

On Thursday, December 8<sup>th</sup> our Monthly Dinner will be at the Red Lobster on Wolf Road. The sign-up sheet is on the Bulletin Board. Please indicate whether you will be traveling by car or City Bus. Bus will leave at 4:30 p.m.

### **UPCOMING TRIPS**

Joanna Bull our Trip Chairperson has some tentative trips set-up for 2006. **February 3<sup>rd</sup>** - Cohoes Music Hall for "Ain't Misbehaving" and dinner at Smith's Restaurant Limit: 18 cost: \$38.00

**February 23<sup>rd</sup>** - Proctor's in Schenectady for "Phantom of the Opera", Show: \$54.00  
**March 24<sup>th</sup>** - Cohoes Music Hall for "Kiss Me Kate", and dinner at Smith's Restaurant cost: \$38.00.

### **Shut-in Baskets**

Our Senior Elves will be starting to make the Shut-in Baskets Monday, December 5<sup>th</sup> in the morning. The Senior Center would appreciate cookies for the baskets or a donation of money for the purchase of fruit & extra

should be brought into the Center by Tuesday, December 13<sup>th</sup>. Baskets will be filled Wednesday morning December 14<sup>th</sup> at 10:00 a.m. Delivery dates are December 15<sup>th</sup> and 16<sup>th</sup>. A sign-up sheet for donations is posted on the bulletin board. This information gives us an idea what to purchase for the baskets.

### **Welcome Back**

Welcome Back to Tom Lesson

### **New Members**

Welcome to our new members Sharon Zappola, Josephine J. Gronczniak & Gloria P. Callea

### **BOOK SALE**

After the first of the year, the Senior Center will have an ongoing book sale in the dining room. We will have bags of books for \$1.00! Anyone is welcome to come in and browse.

### **Christmas Luncheon**

Our "Prestige" Christmas Luncheon will be held on Wednesday, December 21<sup>st</sup>. Deadline for reservations is December 19<sup>th</sup>. Please call Karen in the Kitchen at 664-3924. Also this year Prestige is scheduling a New Year's Special Luncheon Thursday, December 29<sup>th</sup>. Reservations must be made by **December 27<sup>th</sup>** before noon.

### **DECEMBER BIRTHDAYS**

Carolyn Aldrich, Mary Baker, Jennie Bisnett, Pauline Buononato, Barbara Ciulla, Margaret Daley Ryan, Rose DeVito, Virginia Doriski, Rita Fruci, Anne Marie Goman, Jean Heffner, Elizabeth Izzo, Carolyn Ingle, Linda Jean Jordan, Linda Jacobs, Jennie Mickalonis, Ernie Mone, Helen Markiewicz, Mildred McNeil, Josephine Notro, Marshall Pierson, Patricia Rinaldi, Janet Roman, Phillip Sabatino, Mary Salvatore, Mary Schmidt, Nancy Izzo Sochia, Florence Van Detta, Angie Volpe, Mary Wicks, Madeline Woods, Rita Wiers.

### **Elder Care Services**

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 1– 2:00 p.m.  
**Senior Exercise** – Stretch, strengthen, improve balance every Monday, Wednesday and Friday 10:30 - 11:00 a.m..  
**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, December 21<sup>st</sup> from 1:00 – 2:00 p.m.

**Search for Wisdom Book Club** meets Tuesday, December 20<sup>th</sup> 10:30-11:30 a.m. The group will be discussing "A Wedding in December" by Anita Shreve.

### **Special Programs for December**

Monday, December 5<sup>th</sup>, Bellevue Hospital Mobile Mammography Van will be on-site at the Senior Center between the hours of 10:00 & 2:00 p.m. **Call 1-888-423-3366** to schedule your mammogram.

**Thursday, December 15<sup>th</sup>** from 10:00 – 11:00 a.m.

Cornell Cooperate Extension presents a program on "Healthy Holidays". Create a holiday gift/Cookie Mix in a Jar.

**Wednesday, December 14<sup>th</sup>** at 1:30 p.m. A Special Holiday Musical Event sponsored by the Mechanicville Library for the Elder Care Services Program Participants. This event will take place during the Senior Centers Holiday Party. Susan Hamlin will be singing and playing the guitar. Come and enjoy an afternoon of Holiday Music, old and new! For more information or to register for programs please call Judy Schmelter at 664-6685



# SARATOGA COUNTY OFFICE FOR THE AGING

# DECEMBER, 2005

Home Delivered Meals 363-4020

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

SERVED DAILY AT SITES: COFFEE, TEA, MILK & MARGARINE.  
NO SUBSTITUTES FOR FOOD ALLERGIES.


\*DIABETICS WILL RECEIVE SUBSTITUTES.

IF PAYING BY CHECK, PLEASE MAKE PAYABLE TO  
PRESTIGE SERVICES, INC.

152 WEST HIGH STREET  
BALLSTON SPA, NY 12020

SUGGESTED CONTRIBUTION: \$2.00 PER MEAL.

NO ONE WILL BE DENIED A MEAL IF THEY ARE UNABLE TO MAKE A CONTRIBUTION.

<p>KEILBASA 5 PIEROGIE CABBAGE RYE BREAD TAPIOCA PUDDING*</p>	<p>OVEN FRIED CHICKEN 6 BAKED POTATO WITH SOUR CREAM ZUCCHINI AND TOMATOES OAT BREAD PINEAPPLE TIDBITS</p>	<p>BAKED HAM WITH FRUIT SAUCE 7 SWEET POTATOES GREEN BEANS RYE BREAD FRESH FRUIT</p>	<p>ROAST BEEF WITH GRAVY 1 MASHED POTATOES RED CABBAGE PUMPERNICKEL BREAD CHOCOLATE ICE CREAM*</p>	<p>SEAFOOD NEWBURG OVER STEAMED RICE 2 MIXED VEGETABLES WHOLE WHEAT BREAD PEANUT BUTTER COOKIE*</p>
<p>CHICKEN AND BISCUITS 12 STEAMED CARROT COINS GINGERBREAD CAKE WITH WHIPPED TOPPING*</p>	<p>STUFFED PEPPERS WITH TOMATO SAUCE 13 CORN KERNELS WHOLE WHEAT BREAD RICE PUDDING WITH RAISINS*</p>	<p>LIVER AND ONIONS 14 MASHED POTATOES WITH GRAVY CALIFORNIA BLEND VEGETABLES RYE BREAD PEACH CRISP*</p>	<p>GOULASH 8 WAX BEANS CORN BREAD SPICE CAKE WITH WHIPPED TOPPING*</p>	<p>FISH WITH DILL SAUCE 9 RICE PILAF HARVARD BEETS DINNER ROLL LEMON BAR*</p>
<p>BAKED MEATLOAF 19 MASHED POTATOES WITH GRAVY SPINACH PUMPERNICKEL BREAD TAPIOCA PUDDING*</p>	<p>MACARONI AND CHEESE 20 STEWED TOMATOES CORNBREAD SLICED PEACHES</p>	<p>CHRISTMAS SPECIAL STUFFED CHICKEN BREAST 21 MASHED POTATOES WITH GRAVY GREEN BEANS ALMONDINE DINNER ROLL RASPBERRY CHEESECAKE</p>	<p>BAKED ZITI WITH SAUSAGE 15 TOSSED SALAD WITH THOUSAND ISLAND DRESSING GARLIC BREAD SLICED PEARS</p>	<p>SPLIT PEA AND HAM SOUP WITH CRACKERS 16 TURKEY SANDWICH ON WHOLE WHEAT BREAD WITH MAYO MACARONI SALAD SUGAR COOKIE*</p>
<p> 26 <b>CLOSED FOR THE CHRISTMAS HOLIDAY</b></p>	<p>PAPRIKA CHICKEN 27 RICE PILAF CORN KERNELS WHOLE WHEAT BREAD CHOCOLATE PUDDING*</p>	<p>SPAGHETTI AND MEATBALLS WITH PARMESAN CHEESE 28 TOSSED SALAD WITH ITALIAN DRESSING GARLIC BREAD BIRTHDAY CAKE*</p>	<p>BBQ BEEF ON A BUN 22 MACARONI SALAD COLESLAW ORANGE FLUFF*</p>	<p>MRS. FRIDAY'S FISH WITH TARTER SAUCE 23 AU GRATIN POTATOES MIXED VEGETABLES OAT BREAD MANDARIN ORANGES</p>
<p><b>NEW YEAR'S SPECIAL</b> 29 ROAST PORK LOIN WITH GRAVY GARLIC MASHED POTATOES BABY GLAZED CARROTS HEARTY WHEAT ROLL BROWNIE WITH A DOLLOP OF CREAM</p>	<p>TURKEY BURGER WITH PEPPERS AND ONIONS ON A ROLL 30 AU GRATIN POTATOES BROCCOLI AND CAULIFLOWER FRESH FRUIT</p>			