



Mechanicville Area Senior Citizens Organization, Inc.

Instituted May 12, 1969

DECEMBER, 2008

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

The Senior Center Meal Site and the Senior Center will be closed on Thursday, December 25th and Friday, December 26th for Christmas. The Meal Site and the Senior Center will also be closed on Thursday, January 1st for New Years Day.

The Board Meeting will be held Monday, December 1st at 1:00 PM.

The next scheduled Monthly Meeting will be held on Tuesday, January 13th, 2009 at 1:00 PM.

Mimi Izzo won the 50/50 at the monthly meeting for November.

The monthly dinners will also resume in January,

The Christmas Tree will be decorated on Wednesday, December 3rd at 1:00 PM. Pizza will follow. Sign-up sheet posted on bulletin board for volunteers.

Dues (\$7) are now being accepted for the year 2009. The office is open Monday thru Friday, 9:00 AM to 4:00 PM.

Our BOOK SALE is still in progress and new items are coming in on a daily basis. The bags for the books are located in the office; stuff a bag to the brim for only a \$1.00. Books make great grab bag and Christmas gifts.

Our Annual Christmas Party will be held on Tuesday, December 9th at 1:00 PM at the center. The committee is chaired by Mimi Izzo and includes Catherine Lynch and Joyce DiVirgilio. The End Zone will be catering our dinner this year and the menu consists of chicken parm, ziti, chicken and potatoes, salad, garlic bread and dessert. The cost is \$7.00 for members and \$12.00 for non-members. Please bring in

something for the food pantry. The sign-up sheet is on the bulletin board; reservations and money should be in by December 2nd.

The Seniors will be filling baskets for the shut-ins on Thursday, December 18th at 1:00 PM. Cookies for the baskets should be in by Wednesday, December 17th. The baskets are to be delivered on Friday, December 19th at 1:00 PM and volunteers are needed to deliver them in Mechanicville, Stillwater, Maplewood Manor, Schuyler Ridge and Cooks Home. There is a sign-up sheet on the bulletin board.

The Harvest Dinner Banquet committee would like to thank Helen Blowers, Carol Maloney, Pat Brown, Joanna Bull and Phyllis Della Croce for all their help at the banquet. A special thank you to Beth Izzo for being Master of Ceremony, standing in for Director Jo Ann Rielly recovering from surgery. We had a beautiful showing at the banquet. Our new president was installed by Mimi Izzo. As usual, a delicious meal was served by the Fairways of Halfmoon.

Our City Fathers were in attendance, introduced by Beth Izzo. Special thanks to the Mayor and Supervisor of Stillwater, Mechanicville Mayor, Supervisor Richardson, Commissioners and the many city merchants who donated gifts for the raffles. Thanks also to Meg Gorman who donated a lovely filled basket. Commissioner of Accounts Mark Seber was our guest speaker. Our entertainment was provided by John Salerno. Dom Grimaldi won the 50/50. Thanks to all who attended. It was a pleasant evening.

Whoever received Matteo's gift certificate at our Harvest dinner, please return it to the center for reimbursement. Matteo's is closed.

The Senior Center wishes to give a great big thank you to the Lions Club for their donation of the Wii Game. It will be great exercise for all our seniors.

Thank you to all our seniors who brought in shoe boxes and items to put in the boxes for the veterans at the Veterans Hospital for Christmas. You all were very generous.

Our Christmas Luncheon will be Friday, December 19th at 12:00 PM. The menu includes herb stuffed chicken breast, garlic mashed potatoes, baby carrots with brown sugar glaze, hearty roll and strawberry cheesecake. Please call Karen at 664-3924 for reservations by Wednesday, December 17th, before 12:00 noon. The New Years Eve Luncheon will be held on Wednesday, December 31st and the menu includes french toast, sausage, homefries and strawberries. Reservations must be made with Karen at 664-3924 by Tuesday, December 30th before 12:00 noon.

The Bellevue Mammography Van will be at the Mechanicville Senior Center on Friday, January 9th from 10:00 AM to 2:00 PM. Please call 1-888-423-3366 to schedule an appointment. This is a free call and the test is open to the public.

Thanks goes out to everyone who donated yarn to the center. We have an over abundance of yarn and no more is needed at this time. We need volunteers

to knit or crochet hats and mittens for the children in need.

SENIORS MALL RUN

Wednesday, December 3rd Colonie Center & Christmas Tree Shop.

Wednesday, December 17th CPC Mall and K-Mart.

Wednesday, December 31st Wilton Mall & Walmart

Van leaves center @9:15 a.m. Please call Meg Gorman, Public Safety at 664-5651 to sign up as the van is limited to 10 seniors.

HEAR FOR YOU is having a presentation at the center on Tuesday, January 13th at 1:00 PM. The presentation will include subjects such as protecting your hearing, hearing health care, solutions to hearing loss. You will be playing games and there will be an optional 15 second accu-screening. A sign up sheet is posted on the bulletin board.

Empire/Blue Cross representatives will do a presentation for 1 ½ hours at the Senior Center on Thursday, December 11th at 10:00 AM. There is a sign-up sheet on the bulletin board. Seniors please support these group sessions.

Don't forget our New Years Eve Trip to Leominster, Ma., staying at the Four Points, four meals, three shows, 2 days/1 night. Double occupancy \$299, Single occupancy \$399. Sign up sheet is on the bulletin board. \$50.00 deposit required when you sign up; plus \$15.00 deposit if you wish

to have insurance. December 5th is the cutoff date to sign up.

ACTIVITIES AT CENTER

Osteobusters Exercise Program - Tuesdays and Fridays from 9:00 to 10:30 AM.

Weight Watchers - classes Monday evening at 5:30 PM. Exercise Class - every Monday, Wednesday and Friday from 10:30 to 11:00 AM.

Pinochle - every Tuesday at 1:00 PM.

Scrabble - Join us for Scrabble on Wednesdays and Thursdays, 12:30 - 3:30 PM.

Pokeno - Held after lunch on Fridays.

Shuffleboard - Monday and Wednesday at 1:00 PM. Both men and woman members are welcome to play.

DECEMBER BIRTHDAYS

Carolyn Aldrich, Jennie Bisnett, Pauline Buononato, Rita Brown, Rosemarie Buckner, Barbara Ciulla, Rose DeVito, Linda DiNallo, Virginia Doriski, Rita Fruci, Ann Marie Goman, Eleanor Guyette, Winifred Heffley, Jean Heffner, Pearl Isles, Elizabeth Izzo, Nancy Izzo, Linda Jean Jordan, Emma Lester, George McCormack, Jennie Mickalonis, Helen Markiewicz, Josephine Notro, Patricia Rinaldi, Margaret Ryan, Phillip Sabatino, Jacqueline Salmon, Mary Salvatore, Donna Serbalik, Jean Thompson, Florence Van Detta, Angie Volpe, Mary Wick, Madeline Woods, Rita Wiers,

Carm Zeppetelli

MEAL SITE CLOSINGS for inclement weather during the winter months will be broadcast on Channel 6, Channel 10, and Channel 13 during the School Closings.

It will be displayed as Saratoga County Senior Meals. No meals will be delivered that day and the center will also be closed.

Thank you to Madeline Sweeney who brought in red velvet bows.

WELCOME NEW MEMBERS!

Sharon Capozzo, Donna M. and Donald Hansen, Deborah and William Dalaba, Shirley and John Carpenter, Joseph Seifridsberger

FROM THE PRESIDENTS DESK:

I hope everyone has a memorable Thanksgiving, a chance to gather with friends and family. Our Christmas Party, December 9th from 12:00 to 3:00 is a good start to the holiday season. Entertainment is included. We will decorate our Christmas tree on December 3rd starting at 1:00 PM. I hope you can participate; pizza will be served after. Speaking for myself and members of the Board, we wish all of you a happy holiday and good fortune and good health for the New Year.

Joseph Coppola

MECHANICVILLE AREA

SENIOR CITIZENS ORGANIZATION, INC.

Board of Directors

Jo Ann Rielly, Director

Joseph Coppola, President

Mimi Izzo, Vice Pres.

Joyce Di Virgillio, Secretary

Catherine Lynch, Treasurer

Office Staff

Mary Kelly, Senior Coordinator

Pat Brown

SARATOGA COUNTY OFFICE FOR THE AGING- DECEMBER 2008
HOME DELIVERED MEALS 363-4020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Meatloaf Mashed Potatoes Whole Kernel Corn Rye Bread Butterscotch Pudding	2 Sloppy Joe over Bun Sweet Potatoes Tossed Salad with Dressing Warm Chunky Applesauce	3 Roast Beef & Gravy Roasted Red Potatoes 4 Way Mixed Vegetables Dinner roll Rice Pudding with Raisins	4 Macaroni & Cheese Stewed Tomatoes Combread Mandarin Oranges	5 Dave's Southern Chicken Pic Green Beans Warm Spiced Peaches
8 Jumbo Hot Dog with Bun Baked Beans Sauerkraut Fresh Orange	9 Lemon Pepper Fish Steamed Rice Squash Wheat Bread Fruit Cocktail	10 Meatballs with Penne Pasta and Sauce Italian Seasoned Vegetables Italian Bread Parmesan Cheese Peaches	11 Marinated Chicken (bone-in) Parsley Boiled Potatoes Glazed Carrots Dinner Roll Lemon Pudding	12 Roast Pork & Gravy Mashed Potatoes Red Cabbage Rye Bread Raspberry Jello with Topping
15 Swiss Steak Herbed Rice Green Beans Wheat Bread Mandarin Oranges & Pineapple	16 Macaroni & Cheese Stewed Tomatoes Combread Apricots	17 Roast Turkey with Gravy Mashed Potatoes Broccoli Dinner Roll Cranberry-Apple Crunch	18 Ham Steak with Fruit Glaze O'Brien Potatoes Green Peas Rye Bread Warm Cinnamon Applesauce	19 <i>Christmas Special</i> Herb Stuffed Chicken Breast Garlic Mashed Potatoes Baby Carrots with Brown Sugar Glaze Hearty Roll Strawberry Cheesecake
22 Baked Ziti with Italian Sausage and Cheese Brussels Sprouts Garlic Bread Fruit Cocktail	23 Mrs. Friday's Fish with Tartar Sauce Cheesy Mashed Potatoes Whole Kernel Corn Rye Bread Butterscotch Pudding	24 Glazed Boneless Pork Loin Buttered Noodles California Blend Vegetables Rye Bread Ice Cream	25 <i>Closed for Christmas</i>	26 <i>Closed for Day after Christmas</i>
29 Fish Sandwich on Bun with Tartar Sauce Harvard Beets Broccoli Fruited Yogurt	30 Oven Fried Chicken Legs Rice Pilaf 4 Way Mixed Vegetables Wheat Bread Apricots	31 <i>New Year's Special</i> Golden French Toast with Syrup Sausage Links Seasoned Homefries Sliced Strawberries	Served Daily at sites: Coffee, Tea, Milk and Margarine. No substitutes for food allergies. Diabetics will receive substitutes. The suggested contribution is \$2 per meal. There is a \$3 fee for guests under the age of 60. Please make checks payable to: <i>Prestige Services, 152 West High Street, Ballston Spa NY 12020.</i>	

MENU SUBJECT TO CHANGE