



Mechanicville Area



Senior Citizens Organization Inc.

Instituted May 12, 1969

February, 2006

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

Monthly Meeting

Our Board of Directors Meeting will be Tuesday, Feb. 7 at 1:00 P.M. The Monthly Meeting will be Tuesday Feb. 14 at 1:00 P.M. Sharlene from Medicare Choice will be our speaker at the monthly meeting. The 50150 raffle was won by Teresa Kingsley. The refreshment committee for February is Mary Van Chance, Molly Bango and Jo Luciano.

NEW YEAR'S TRIP

Although there were only a handful of travelers, the New Year's Eve trip to Mass. was greatly enjoyed. The travelers said everything was just as last year with one exception, the chance to do a little shopping in the building. As traveling goes, I guess just one little inconvenience is not such a big deal. I am hoping next year will bring more of us together to enjoy bringing in the New Year. Joanna Bull, President.

Membership Dues

The membership dues for 2006 are now being accepted Monday through Friday from 9:00 AM until 4:00 PM. If you would like to continue receiving the newsletter, your dues must be current.

Center Closed for Holidays

Due to Lincoln's Birthday and President's Day, the Senior Center and the Meal Site will be closed on Monday, February 13 and Monday, February 20.

Exercise Class

Our exercise classes are going strong. Any member wishing to participate is welcome on Monday's, Wednesday's and Friday's at 10:30 AM. We also have exercise equipment at the Senior Center that can be utilized Monday through Friday from 9:30 AM until 3:30 PM. The Center would like to start a shuffleboard league on Wednesday afternoons. If anyone is interested, please call the Center, or just come in for your pleasure.

Knitting Classes & More

Don't forget our **Knitting Classes** on Monday's at 1:00 p.m., **Journal Writing** on Tuesday's from 1:00 - 2:00, **Scrabble** on Thursday's from 1:00 - 3:30 p.m. and **Pokeno** is held after lunch on Friday's. All members are welcome!

February Dinner

Our monthly dinner for February will be held at the Grecian Gardens in Clifton Park. The bus will leave the Center at 4:30 on Friday, February 10. Please remember to write your phone number down whenever you sign up for anything. Also if you cancel on any trips, including monthly dinners, please call the Center as soon as possible to let us know.

Andy Cooney, Irish Tour

A sign-up sheet is posted on the bulletin board for The Andy Cooney, Irish Tour. Tickets will be \$20.00 per person, however, if 10 or more Seniors sign up, then the cost of the tickets drops to \$10.00 per person. The concert will be held at the Troy Music Hall on March 3, 2006 at 7:30PM. Information on the bus schedule will be posted on the bulletin board as well as the sign-up sheet.

Kiss Me Kate

On March 24, at the Cohoes Music Hall, the senior's will be seeing "Kiss Me Kate". Reservations must be in by March 3. The cost of the show and dinner at Smith's is \$38.00. The menu choice is Stuffed Sole, New York Sirloin, Roast Pork or Chicken Cordon Bleu. There are only 20 tickets available so hurry and make your reservation. The bus will leave the Center at 5:00, Dinner at 6:00 and Show at 8:00PM.

Upcoming Ventures

I would like to remind you of the following upcoming ventures. In the planning stages are Cape Cod in May. Please let us know if there is



any interest and we will get it rolling. How about Myrtle Beach in September? We will implement a payment program starting in April to help you pay for the trip over a period of time. We also had some suggestions for Foxwood's and Atlantic City. Please let us know if there is any interest. We are also considering a Saturday or Sunday trip to Auriesville. We plan on carpooling when the weather is much better and spend the day. Pack a picnic lunch and off we go.

New Members

Welcome to our newest members
Anne DiSieno & Phil Milano.

Valentine Luncheon.

Our senior Valentine luncheon is scheduled for Tuesday, February 14 at noon. The menu will be baked ham. Reservations must be made by **Thursday, February 9**. Please call Karen at 664-3924 to reserve your spot.

February Birthdays

Catherine Belmonte, Marlene Burgess, Gerry Belisario, Daniel

Baisley, Dolores Cuomo, Betty Campbell, Evelyn Camerato, Ruth DiDomenico, Patrick DiDomenico, Barbara DeVito, Ida Fabio, Steve Feith, Lucy Golden, William Grozzo, Stehen Grozzo, Rose Haskell, Dolores Iacabelli, Teresa Kingsley, Marie Luciano, Roberta Lane, Rose Miller, Patricia McBride, Katherine Notro, Emma Noyes, Rose Sabatino, Louise Stagliano, Mary Sylvester, Carmela Villa, Lester Wicks and Gloria Zullo.

VALENTINES'S DAY VISIT

On Tuesday, February 14th at 2:30 p.m. (after our regular Monthly Meeting), the Stillwater Freshman Class will pay us a visit. They will be here to entertain us and offer some refreshments. Please stop in and enjoy!

AARP Tax Returns

Representatives from AARP Tax will be filing income tax returns beginning Wednesday, Feb. 1, 2006. Please do not call for an appointment until you have received all of your

papers. Call 664-7877 for an appointment.

Thank You!

A big thank you goes out to the clean up committee. Gloria Verdicchio, Anna Siciliano, JoAnn Starks, Millie Finelli, Roberta Lane and Joanna Bull.

Extra Helpings

Please note that we will be taking the orders for "Extra Helpings", a food program to save you a few pennies and get good food...The money is due at the beginning of the month...CASH only...and the food will be delivered to the Center at the end of the month. You do NOT have to buy the regular offering every month, nor do you have to purchase the regular offering in order to get the special. You pay only \$14 per month, at the beginning of the month for the regular menu **and/or** the price of the special. Please sign up in the office or you can call Joanna Bull, 664-2645 or Heather Dugan at 664-8322 x313 and we will try to answer any and all questions.



Mechanicville Area Senior Citizens Organization Inc.

Board of Directors

Jo Ann Rielly, Director
Joanna Bull, President
Gloria Verdicchio, Vice Pres.
Roberta Lane, Secretary
Catherine Lynch, Treas.

Office Staff

Mary Kelly, Senior Coordinator
Roberta Lane
Beth Izzo

SARATOGA COUNTY OFFICE FOR THE AGING

FEBRUARY, 2006

Home Delivered Meals 363-4020

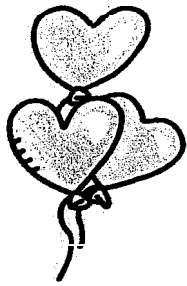
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**SERVED DAILY
AT SITES:
COFFEE, TEA,
MILK, AND
MARGARINE**

ROAST BEEF WITH GRAVY **1**
MASHED POTATOES
RED CABBAGE
PUMPERNICKEL BREAD
CHOCOLATE ICE CREAM*

SEAFOOD NEWBURG SERVED OVER STEAMED RICE **2**
MIXED VEGETABLES
GINGERBREAD CAKE WITH WHIPPED TOPPING*

SPLIT PEA AND HAM SOUP WITH CRACKERS **3**
TURKEY SANDWICH ON WHOLE WHEAT BREAD WITH MAYO
SUGAR COOKIE*

6
HOT DOG ON A ROLL WITH MUSTARD
BARED BEANS
SAUERKRAUT
SLICED PEARS

7
SPAGHETTI AND MEATBALLS WITH PARMESAN CHEESE
TOSSED SALAD WITH ITALIAN DRESSING
GARLIC BREAD
PUDDING WITH WHIPPED TOPPING*

8
CREAM OF GARDEN VEGETABLE SOUP WITH CRACKERS
HAM AND CHEESE SANDWICH ON RYE WITH MUSTARD
OATMEAL COOKIE*

9
LIVER AND ONIONS
MASHED POTATOES WITH GRAVY
CALIFORNIA BLEND VEGETABLES
RYE BREAD
PEACH CRISP*

10
MRS. FRIDAY'S FISH WITH TARTER SAUCE
AU GRATIN POTATOES
MIXED VEGETABLES
OAT BREAD
MANDARIN ORANGES

13

CLOSED FOR LINCOLN'S

14
HAPPY VALENTINE'S DAY
BAKED HAM WITH FRUIT SAUCE
SWEET POTATOES
GREEN BEANS
ALMONDINE
RYE BREAD
BROWNIE WITH WHIPPED TOPPING

15
SALISBURY STEAK
MASHED POTATOES WITH GRAVY
HARVARD BEETS
DINNER ROLL
TAPIOCA PUDDING*

16
STUFFED SHELLS WITH PARMESAN CHEESE
GREEN PEAS
GARLIC BREAD
SHERBET

17
NEW ENGLAND CLAM CHOWDER WITH CRACKERS
TUNA SALAD SANDWICH ON WHOLE WHEAT BREAD
CHOCOLATE CHIP COOKIE*

20

CLOSED FOR WASHINGTON'S BIRTHDAY

21
SIRLOIN TIPS WITH RICE
CARROTS
GARLIC BREAD
SLICED PEACHES

22
BAKED MEATLOAF
MASHED POTATOES WITH GRAVY
SPINACH
WHOLE WHEAT BREAD
BIRTHDAY CAKE*

23
CHICKEN AND BISCUITS
BROCCOLI AND CAULIFLOWER
PINEAPPLE TIDBITS

24
STUFFED PEPPERS WITH TOMATO SAUCE
CORN KERNELS
WHOLE WHEAT BREAD
FRUITED GELATIN WITH WHIPPED TOPPING*

27
BEEF STEW SERVED OVER A BISCUIT
BABY CARROTS
SLICED PEARS

28
BAKED ZITI WITH SAUSAGE
TOSSED SALAD WITH ITALIAN DRESSING
GARLIC BREAD
GINGERBREAD CAKE WITH WHIPPED TOPPING*

**SUGGESTED CONTRIBUTION: \$2.00 MEAL IF PAYING BY CHECK
PLEASE MAKE THE CHECK PAYABLE TO:
PRESTIGE SERVICES, INC.
152 WEST HIGH STREET
BALLSTON SPA, NY 12020**

*** DIABETICS WILL RECEIVE SUBSTITUTES.
NO SUBSTITUTES FOR FOOD ALLERGIES.
NO ONE WILL BE DENIED A MEAL IF THEY ARE UNABLE TO
MAKE A CONTRIBUTION.**