



Mechanicville Area Senior Citizens Organization Inc.

Instituted May 12, 1969

February, 2008

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

There will not be a Board Meeting in February. Primary Day is the 5th from 12-9 PM.

The Center will be closed Tuesday, February 12th for Lincoln's Birthday.

The next scheduled Monthly Meeting will be Tuesday, February 19th at 1:00 pm.

The 2008 Senior Center dues are being accepted in the office from 9:00 to 4:00 Monday-Friday. Yearly dues are \$7.00 per member.

Commissioner of Public Safety, JoAnn Rielly would like to remind everyone that our local Lions Club assists adults and children with eye exams, eye glasses, surgery and hearing related problems for those that cannot afford the expense. Please contact Loretta Saheim, President, at 753-7867 for further information or any questions you may have.

Note: The Senior Center collects used eye glasses for the Lions. They may be dropped off at the office. Thank you.

The Senior Center will be having a Valentine Luncheon on Thursday, February 14. To make a reservation call Karen at 664-3924, by Monday, February 11, before 12:00.

The February monthly dinner will be at Salty's on Thursday, February 7th. Bus leaving the Center at 4:30 PM.

SPECIAL PRESENTATION:

Thursday, February 21, 10:00 to 11:00AM. Experience a sample Osteobusters class and learn about Essential Nutrition & Exercise for Osteoporosis. Diane Whitten, Nutrition Educator from Cornell Cooperative Extension, and an Office for the Aging RSVP Osteobusters group exercise leader will give this presentation. Please give yourself a treat and come to this hour of information to help maintain good health. Signup Sheet on Bulletin Board.

Activities:

Weight Watchers classes are being held at the Center on Monday evening at 5:30 PM.

Exercise Class - every Monday, Wednesday and Friday from 10:30 - 11:00 AM.

Pinochle - every Tuesday at 1:00.

Canasta - every Tuesday at 1:00.

"Creative Writing" Class - every Tuesday at 1:00.

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

Pokeno - Held after lunch on Fridays.

Shuffleboard - Wednesdays at 1:00.

Osteoporosis Exercise Program - Tuesdays & Fridays 9:00 - 10:30 has been cancelled due to lack of participation.

Senior members - don't forget we have exercise machines at the Center ready for use anytime between 9:30 - 3:30 Monday - Friday. Tread mills, bikes, thigh master, health walker and Nordic track. Stop by.

AARP TAX preparation will begin on Wednesday, February 6, 2008.

An appointment is necessary; call 664-7877. Please do not make an appointment until you have received all your necessary papers.

WANTED!!! Volunteer Drivers to deliver Home Delivered Meals for the Saratoga County Elderly Nutrition Program for the Mechanicville and Stillwater areas. For more information, please call the Office for the Aging at 363-4020 or 884-4100.

The Saratoga County Nurses will be here on Wednesday, March 26, from 10:00 AM to 12:00 noon. Sign up sheet for an appointment will be posted in late January. Tests to be given are: Blood Pressure, Glucose and Cholesterol, Type II Diabetes, possibly eye exams and hearing evaluations. This is a free service. Please take advantage of it.

Nutrition Program & Senior Center closings during the

Winter months: If inclement weather necessitates the closing of the Saratoga County Elderly Nutrition Program, there will be no meals delivered to the Senior Center meal sites or 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 Closings broadcast. It will be displayed as **Saratoga County Senior Meals**. The Senior Center may also be closed when the meal site is closed. Please call the Center at 664-7877 to find out if the Center is open that day.

WELCOME NEW MEMBERS:

Priscilla Dennis, Ceile Stone, Les (Bud) De Voe, Martha Montanari, Caroline Batchelder, Robert Dunbar, Doris Holdshoe.

We are still looking for a trip chairperson to coordinate the Mystery Trip and Foliage Trip for 2008. Please call the office at 664-7877 if interested.

FEBRUARY BIRTHDAYS

Daniel Baisley, Catherine Belmonte, Gerry Belisario, Bridget Bouchard, Marlene Burgess, Betty Campbell, Evelyn Camerato, Lois Cerkowski, Dolores Cuomo, Ruth DiDomenico, Patrick DiDomenico, Barbara DeVito, Ida Fabio, Stephen Grozzo, William Grozzo, Lucy Golden, Helen Goverski, Madeline Gregg, Dolores Iacobelli, Teresa Kingsley, Theresa Koppel, Roberta Lane, Marie Luciano, Rose Miller, Arthur Mossey, Patricia McBride, Katherine Notro, Emma Noyes, Marie Porpoli, Betty Rood, Rose Sabatino, Louise Stagliano, Mary Sylvester, Carmela Villa, Lester Wicks and Gloria Zullo.

"As most of you know, our Price Chopper baked goods hours have been changed to 10 AM to 4 PM. Please remember those hours. Also, the tables have been moved closer to the doors for your convenience so nothing going on in the dining room will be disturbed and you can check over the goodies. PLEASE only take ONE dessert, as we don't usually get that many, and it's not fair for all the other people. Bread.... You may take whatever, as we get lots of it. Thank you." *Karen in the Kitchen*

"Thank You" to Margaret Daley/Ryan for all the many, many paperbacks and hard cover books she donated to the Center. Anyone can purchase these books. Cost is 10c each for paperbacks, 25c each for hard cover. Puzzles are 25c each.

"Thank You" to one of our senior members for a very generous monetary donation.

From your President

Happy sweetheart month to you all and we will have one extra day this month for everyone that has a Birthday every four years.

At our January Board meeting we scheduled the following upcoming dates:

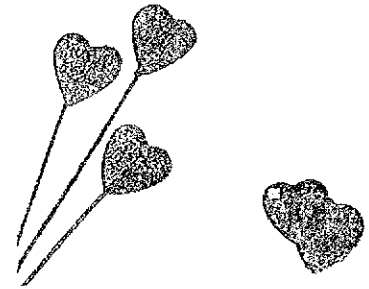
April 8th Ice Cream Social
April 25th Spring Banquet
June 10th Senior Picnic
July 17th Strawberry Social (evening)
Please free your calendars.

Welcome to Nick Squeglia, our new cleaning person.

Thank you Pat Brown for the two beautiful lamps you donated; one is placed in our lobby and the other in the dining room. Many thanks.

And finally, Thank you to those of you that took down the Christmas decorations and trees and put them away. Greatly appreciated.

My best to all,
Roberta





*Mechanicville Area
Senior Citizens Organization Inc.*

*Board of Directors
Jo Ann Rielly, Director
Roberta Lane, President
Mimi Izzo, Vice President
Joyce DiVirgilio, Secretary
Catherine Lynch, Treasurer*

*Office Staff
Mary Kelly, Senior Coordinator
Roberta Lane
Beth Izzo*

SARATOGA COUNTY OFFICE FOR THE AGING – FEBRUARY 2008 MENU
HOME DELIVERED MEALS 363-4020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SERVED DAILY AT SITES: COFFEE, TEA, MILK AND MARGARINE</p> <p>NO SUBSTITUTES FOR FOOD ALLERGIES-DIABETICS WILL RECEIVE SUBSTITUTES. SUGGESTED CONTRIBUTION: \$2.00 PER MEAL. THERE IS A \$3.00 FEE FOR GUESTS UNDER 60. PLEASE MAKE CHECKS PAYABLE TO : PRESTIGE SERVICES, 152 WEST HIGH STREET, BALLSTON SPA NY 12020</p> <p style="text-align: center;">MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>				<p>1 Macaroni and Cheese Stewed Tomatoes Cornbread Fruit Cup</p>
<p>4 Chicken with Divan Sauce Rice Pilaf Mexican corn Dinner Roll Fresh Fruit</p>	<p>5 Salisbury Steak with Gravy Mashed Potatoes Spinach Oatmeal Bread Peaches with Whipped Topping</p>	<p>6 <i>Ash Wednesday</i> Fish Sandwich With Tartar Sauce Scalloped Potatoes Broccoli Old Fashioned Applesauce Cake</p>	<p>7 Roast Beef with Gravy Sweet Potatoes with Apples Green Beans Wheat Bread Banana</p>	<p>8 Hot Open Face Pork Sandwich with Gravy Roasted Red Potatoes Sliced Carrots Apricots</p>
<p>11 Chicken Supreme Mashed Potatoes Brussels Sprouts Wheat Bread Tropical Fruit</p>	<p>12 Lincoln's Birthday </p>	<p>13 Hot Dog with Sauerkraut Baked Beans Pudding</p>	<p>14 <i>Valentine's Day Special</i> Roast Pork with Gravy Garlic Mashed Potatoes Red Cabbage Dinner Roll Sweetheart Cake</p>	<p>15 Beef Tips with Mushroom Onion Gravy Rice Squash Dinner Roll Gelatin Dessert</p>
<p>18 President's Day </p>	<p>19 Meatloaf with Gravy Mashed Potatoes Spinach Rye Bread Fruit Cocktail</p>	<p>20 Baked Chicken Mashed Potatoes Peas Pumpnickel Bread Mandarin Oranges</p>	<p>21 Pasta with Meatballs Italian Green Beans Sliced Carrots Italian Bread Gingerbread Cake with Whipped Topping</p>	<p>22 Mrs. Friday's Fish Sandwich Tartar Sauce Mashed Potatoes 4-Way Mixed Vegetables Wheat Bread Peaches</p>
<p>25 Beef Stew Green Beans Biscuit Raisin Rice Pudding</p>	<p>26 Lemon Thyme Chicken Roasted Red Potatoes Broccoli Wheat Bread Fresh Orange</p>	<p>27 Roasted Pork with Italian Sauce Mashed Potatoes Red Cabbage Wheat Bread Birthday Cake</p>	<p>28 Chili Rice Garlic Bread Gelatin</p>	<p>29 Macaroni and Cheese Stewed Tomatoes Cornbread Fruit Cup</p>