



# Mechanicville Area Senior Citizens Organization Inc.

Instituted May 12, 1969

January 2007

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

**BOARD OF DIRECTORS MEETING Tuesday, January 2 at 9:00 AM. MONTHLY MEETING Tuesday, January 9 at 1:00 PM.** Charles Spinnato from Medicare Complete will give a short presentation.

The Senior Center will be **CLOSED** on **Monday, January 1, New Year's Day** and **Monday, January 15, for Martin Luther King's Birthday.**

The Seniors will be going to Fresno's for our Monthly Dinner trip on Friday, January 5. Bus will leave the Center at 4:30. The Bus is filled, but we will make reservations for anyone wanting to drive.

Nutrition Program and Center closing during the Winter months. 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.

**The Anxiety and Support Group with Rev. Charles Woodman as Facilitator will not**

be meeting again until the month of March, 2007. More information will be in future Newsletters.

The Seniors will be starting Canasta games on Tuesday, January 9, at 1:00 PM.

**Income Tax preparation will be starting on Wednesday, February 7.** An appointment is necessary. Please call 664-7877. This year there is a one-time telephone tax credit for anyone who paid Federal taxes on long distance services for land lines or cell phones from February 2003 until August 2006. Almost everyone qualifies. **PEOPLE WHO ARE NOT USUALLY REQUIRED TO FILE MUST DO SO THIS YEAR TO RECEIVE THIS CREDIT WHICH IS A MINIMUM OF \$30.** Social Security Cards and proof of current address will be required if we prepare the return. No other documentation is required.

Our Annual Pot Luck Christmas Party held December 12 was a huge success. We were entertained by the Stillwater Freshman Class Choir. There are so many seniors to thank for all the help for this Christmas Party but are too numerous to mention. So, the Center thanks everyone who helped in any way to make it a special event. You know who you are. Without your help, this could not be possible.

## THANK YOU TO:

**Mary Sylvester** for donating the beautiful wreath back to the Center. This time, we are going to keep it for the Center. **Edna Zullo** for the mittens and hats for children.

**Harold Horn** for picking up the goodies from Price Chopper. **Ellen Fondano** who brought in so many beautiful Christmas decorations that we placed around the Senior Center. **The "Committee"** for decorating trees at the Senior Center.

**All the Seniors** who made cookies for the shut-ins baskets and donated money towards the fruit.

## Extra Helpings Menu:

**\$20.00.** (Other Specials available. Check Program info on Bulletin Board.) Payment due January 8, by Noon (cash only). Pickup date is Friday, January 26 by 10:30 AM. You do not have to buy the Regular Offering every month, nor do you have to purchase the Regular Offering to get the Specials. Please contact Joanna Bull at 664-2645 or Heather Dugan at 664-8322 Ext. 313 to order.

**Don't forget that we have exercise machines for any member who would like to use them.** Exercise Room is open from 9:00 AM to 4:00 PM, Monday thru Friday.

**The Mechanicville Senior Center would like to welcome a new member: Mary Curtis.**

**January Birthdays:**

Frank Brownell, Dawn Baker, Helen Brown, Barbara Budney, Gloria Callea, Marie Coco, Charles Cox, Lorraine Cullia, Mary Curtis, Angelo D'Aloia, Philomena DiBello, Carolyn Discenza, Sylvester Frydel, Dione Fox, James Fox, Jane Fiacco, Shirley Guido, William Garland, Elsie Grignon, Nancy Gandron, Mary Hrib, Sally Hartmann, Frances King, Sue Larkin, Lena LaVinus, Filomena Maciarelo, Catherine MacDonald, Elizabeth Monty, Norine Murphy, Theresa Micklas, Marion McGowan, Bernard Ramnes, MaryAlice Russo, Gail Reilly, JoAnn Rielly, Doreen Sponable, Eileen Sullivan, Mary Sheehy, MaryKay Sgambati, Teresa Timpanaro, Gloria Verdicchio, Nett Verdile, Laura Welch, Mary Zayacheck.

**OOPS!** On the December Birthday list, **Phillip Sabatino's** last name was incorrectly printed as Salvatore.

**FROM JOANNA BULL,  
SENIORS PRESIDENT:**

**Thank You To....**

**The ladies in the front office,** without whom the Center would not function in a timely manner; **My Board members** who have supported me in all my endeavors;

**All of you** who have participated in any and all of the programs offered by the Center: the exercise classes, the board games, card games, scrabble players and the pokeno players. **You are the heart of the Center.**

**All the wonderful people who have come into my life in the past two years;** it's been a real pleasure to meet you! **I love you all!!!**

I'd like to take this opportunity to wish you all a very Merry Christmas and a healthy, happy, blessed New Year! And, thanks again for all your support.

***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, Treasurer*


***Office Staff***

*Mary Kelly, Senior Coordinator  
Roberta Lane  
Beth Izzo*

# SARATOGA COUNTY OFFICE FOR THE AGING

January, 2007

Home Delivered Meals 363-4020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>CLOSED FOR NEW YEAR'S DAY</b>	<b>1</b> CHICKEN PARMESAN <b>2</b> PENNE PASTA WITH SAUCE GREEN BEANS ITALIAN BREAD TROPICAL FRUIT	<b>3</b> CREAM OF BROCCOLI SOUP TURKEY SANDWICH GELATIN WITH WHIPPED TOPPING*	<b>4</b> ROAST PORK LOIN WITH ITALIAN SAUCE MASHED POTATOES RED CABBAGE WHEAT BREAD CRANBERRY CRUNCH*	<b>5</b> HAMBURGER, RICE AND CABBAGE CASSEROLE PEAS CARROTS RYE BREAD ICE CREAM*
<b>8</b> CHICKEN WITH DIVAN SAUCE RED ROASTED POTATOES MEXICAN CORN DINNER ROLL PEARS	<b>9</b> SALSBURY STEAK WITH GRAVY MASHED POTATOES SPINACH RYE BREAD PEACHES WITH TOPPING*	<b>10</b> BBQ RIBS SEASONED POTATOES PEAS ITALIAN BREAD SHERBET	<b>11</b> ROAST BEEF WITH GRAVY SWEET POTATOES WITH APPLES GREEN BEANS RYE BREAD PUDDING*	<b>12</b> STUFFED SHELLS WITH SAUCE FIESTA BLEND VEGETABLES BREAD STICK TROPICAL FRUIT SALAD
<b>15</b> <b>CLOSED FOR MARTIN LUTHER KING, JR. DAY</b>	<b>16</b> CHICKEN ALA KING JAPANESE BLEND VEGETABLES BISCUIT VANILLA PUDDING WITH MANDARIN ORANGES*	<b>17</b> BAKED HAM WITH HONEY MUSTARD SAUCE CUT SWEET POTATOES SUCCOTASH WHEAT BREAD GINGERBREAD CAKE WITH WHIPPED TOPPING*	<b>18</b> HOT DOG ON A ROLL BAKED BEANS SAUERKRAUT PEARS	<b>19</b> MRS. FRIDAY'S FISH WITH TARTER SAUCE O'BRIEN POTATOES DICED BEETS PUMPERNICKEL BREAD APPLESAUCE
<b>22</b> CHICKEN SUPREME MASHED POTATOES BRUSSELS SPROUTS WHEAT BREAD TROPICAL FRUIT	<b>23</b> ROASTED TURKEY WITH GRAVY CRANBERRY SAUCE HERB DRESSING CALIFORNIA BLEND DINNER ROLL BANANA PUDDING*	<b>24</b> CREAM OF VEGETABLE SOUP TUNA SANDWICH ON WHOLE WHEAT BREAD APPLE CRISP*	<b>25</b> VEAL AND PEPPERS WITH PASTA AND SAUCE CAPRI BLEND VEGETABLES DINNER ROLL GELATIN DESSERT	<b>26</b> ROAST PORK WITH GRAVY CUT SWEET POTATOES BEETS DINNER ROLL APPLESAUCE
<b>29</b> MEATLOAF WITH GRAVY MASHED POTATOES SPINACH RYE BREAD TAPIOCA PUDDING*	<b>30</b> BAKED CHICKEN MASHED SWEET POTATOES PEAS PUMPERNICKEL BREAD MANDARIN ORANGES	<b>31</b> PASTA WITH MEATBALLS ITALIAN GREEN BEANS SLICED CARROTS ITALIAN BREAD BIRTHDAY CAKE*	<div style="border: 2px solid black; padding: 10px;"> <p><b>SUGGESTED CONTRIBUTION: \$2.00 PER MEAL: IF PAYING BY CHECK PLEASE MAKE THE CHECK PAYABLE TO: PRESTIGE SERVICES, INC. 152 WEST HIGH STREET BALLSTON SPA, NY 12020</b></p> <p><b>NO ONE OVER 60 WILL BE DENIED A MEAL IF THEY ARE UNABLE TO MAKE A CONTRIBUTION. THERE IS A \$3.00 FEE FOR GUESTS UNDER 60.</b></p> <p><b>*MEAL CALENDAR SUBJECT TO CHANGE WITHOUT NOTICE</b></p> </div>	
<div style="border: 1px solid black; padding: 5px;"> <p><b>SERVED DAILY AT SITES:                      COFFEE, TEA, MILK, AND MARGARINE                      NO SUBSTITUTES FOR FOOD ALLERGIES                      *DIABETICS WILL RECEIVE SUBSTITUTES</b></p> </div>				